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Year B THE ASCENSION OF THE LORD

"TO THE HEIGHTS" YOUTH EDITION AVAILABLE ALSO

Sunday Mass Readings

First Reading:

Acts 1:1-11

Responsorial Psalm:

Psalm 46(47):2-3,6-9

Second Reading:

Ephesians 4:1-13

Gospel:

Mark 16:15-20

“Go out to the whole world; proclaim the Good News to all creation.”



The Ascension of Christ, Fritz von Uhde, Public domain, via Wikimedia Commons

Hear

Grab your Bible and look up the Gospel reading. Don't have one? No worries, you can find this week's readings online [here](#).

Check out [this video](#) on the readings for children.

Pray

In the Gospel today we hear the story of Jesus ascending to Heaven.

- What is the Holy Spirit saying to you through this piece of Scripture? How do these words resonate with you personally?
- Place yourself in the Gospel story. Use the above image to help you enter into the moment of Jesus' Ascension. When you look at the image, what do you see? What is the first thing you notice? There's no right or wrong answer! Spend a few minutes in silent meditation.
- Reflect a little more deeply and let Jesus speak to you. Does someone catch your eye? Maybe you are struck by a facial expression or reaction? Do the people witnessing this event look surprised or happy? Notice also how the colours change throughout the image. Think about the significance of this. What is the artist trying to say?

Talk

Jesus leaves his followers with an important message before he departs from them. He tells them to *“Go into the whole world and proclaim the Gospel to every creature”*. At the end of the Gospel, Jesus assures the apostles that He would continue *“working with them”*.

- What are some of the ways you, as a family, can share God's love with other people this week?
- How does it make you feel to know that Jesus is working with you in your life?
- What are some of the signs of Jesus' presence in your life? Ask the Holy Spirit to help you see them

Family Challenge!

Make a special effort this week to prepare for Pentecost Sunday which the Church will celebrate next Sunday, May 19th. Here are [7 things you can do to prepare for Pentecost!](#)

AN INVITATION TO SHARE OUR FAITH

In his Gospel, Mark tells us that after Jesus was taken from their sight, the Apostles went out, preaching and performing signs and wonders. This is an important detail, because when the Apostles went out, they weren't concerned about their own ideas and agendas. Rather, they were continuing Jesus' mission of proclaiming the Reign of God. They were going out to bring the love, the healing and liberating power of Jesus to individuals that Jesus never met and to communities where Jesus never travelled. Their mission—which was ultimately the mission of Jesus—was, as Saint Paul tells us, to “equip the holy ones for the work of ministry, for building up the body of Christ” (Ephesians 4:12). This feast is an invitation for us to reflect on how we are—or are not—continuing this work today, in our communities, parishes, and families. And yet, we also know how easy it is for us to become weighed down by our day-to-day responsibilities and the legion of distractions and diversions that fill our lives. But the Solemnity of the Ascension reminds us that we are called to greater things: nothing less than sharing with others our own experience of the Risen Christ. This is what the Apostles were about and this is what are called to, as well. The Ascension of Jesus ultimately prepared the hearts of the Apostles to receive the gifts of the Holy Spirit on Pentecost. It was grace present in those gifts that inspired their preaching and teaching and that gave life to the Church, even in times of persecution and division. As Pope St. John Paul II has reflected, “*the Holy Spirit makes them witnesses and prophets. It fills them with a serene courage which impels them to pass on to others their experience of Jesus and the hope which motivates them*” (Redemptoris Missio, 24). This same Spirit is offered to us in Baptism and Confirmation, missioning us to also be Christ's witnesses and prophets.

As we celebrate this great feast and continue to look toward Pentecost, the fulfillment of these Fifty Days, take time to reflect on the mission that has been entrusted to the Church and to each of us—to bring the compassion, love, and mercy of Jesus to everyone who needs to hear the Good News: “*What the Lord preached that one time, or what was wrought in Him for the saving of the human race, must be spread abroad and published to the ends of the earth ... so that what He accomplished at that one time for the salvation of all, may in the course of time come to achieve its effect in all*” (Vatican Council II, Ad Gentes, 3).

How is God inviting you to share your faith with others? When have you received the gift of someone else's faith and hope? How did that gift change you? As we look towards Pentecost and the end of the Easter Season, how does this feast invite you to reflect on your own commitment to live as a disciple of Jesus.

taken from Brother Silas Henderson, SDS, Aletea.org

Check this out

LITTLE NELLIE OF HOLY GOD

Learn the story of Little Nellie, a young girl captivated by Jesus in the Eucharist, whose short life and love for the Blessed Sacrament was the sign needed by the Pope to lower the age of Holy Communion. Watch our brand new Diocesan Documentary-Movie with interviews from John O'Donovan, Sr Jennifer McAleer, Marie Duffy and Bishop Alphonsus Cullinan. *Children's Version on the Ascend Youth Ministry, Waterford & Lismore Channel:* https://youtu.be/pupfv_p_0ols





THE GREAT MANDATE

2,000 years ago, Jesus walked the roads of this earth, with a band of 12 Apostles: fishermen, tax collectors - regular guys. They didn't always understand what His teaching meant, or what His Mission entailed, or what it really meant for their personal future. Most of them abandoned Him at His Passion, but He did not abandon them. After His resurrection Jesus continued to teach and guide them, and when He ascended to Heaven He gave them this Great Mandate: to go out to the whole world and proclaim the Good News to all nations. You can imagine their minds reeling at such a huge mission! But it wasn't theirs alone: Jesus would always be with them, and He would send His Holy Spirit to guide and direct them. 2000 years later, the fruit of the work that little band of faithful disciples carried out is clearly evident: billions of lives have been affected and transformed over the past two centuries through that Good News and those who spread it. That Mandate is for all of us, not just the priests and Bishops and religious.

This week:

Ask the Holy Spirit to show you how to bring the Good News of the love of God to someone who needs to hear it this week. The Apostles had to wait until they received the Spirit at Pentecost - you've received that Spirit at Baptism and Confirmation! Maybe it'll be as simple as a smile, or sharing a social media post (check out Ascend YM!), or maybe something bigger: listen, act and see lives transformed!

-  How to share the Gospel (and how not to) Fr Mike Schmitz
-  The Ascension - Phil Wickham

To the Heights Youth Resource also available



Family Prayer

“I am only one, but I am one. I cannot do everything, but I can do something. And that which I can do, by the grace of God, I will do.” — Dwight L. Moody

EVENTS

Procession in honour of Our Lady of Waterford: Saturday 18th May at 3pm. Starts in St Saviour's Church, Bridge Street, passing the Old Walls of the City and by the Black Friary. Concludes in Cathedral.

Family Day: Sunday 19th May Glencomeragh House, Kilsheelan, Co. Tipperary E91H584. 10am - 3pm. Donation only. Booking is essential.

Enlighten for young adults aged 18 - 35: Rosary, Lectio Divina, Adoration & Tea! Sisters of Mary Morning Star, Wadding House, Lady's Lane, Waterford. Friday 24th May

Diocesan Corpus Christi Procession: Thursday May 30th, Ballybricken Green to the Cathedral of the Most Holy Trinity. (Meeting at Ballybricken Green at 6.30pm)

Encounter for young adults aged 18 - 35: St John's Church, Parnell St. Waterford, Fri 31st May at 8pm. Talk, Adoration, Music followed by Pizza!

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