

## FEAST OF THE ASCENSION OF THE LORD Year C



### THE GOSPEL [Luke 24:46-53](#)

*I in them and you in me, that they may be brought to perfection as one.*

Jesus,  
here are the rich and poor, world-wide.  
You take all of us who believe  
straight to the heart of  
infinite love, to the  
creator of all  
things.

To the prime mover and  
our *raison d'être*.

The Father sent you because he is love.  
Give us an understanding of the  
infinite love that dwells  
in us all.

We are the Father's gifts to you.  
Then let us be gifts to  
one another.

### THE FIRST READING [Acts 1:1-11](#)

*You will be my witnesses in Jerusalem,*

*throughout Judea and Samaria,  
and to the ends of the earth.*

Jesus  
lingered awhile.  
It was hard to leave them.

But he had to go  
so he could  
give them  
the gift of his  
Spirit.

Christ,  
in your Spirit, let us be witnesses.  
Let us take your life gift of  
love and forgiveness  
to the ends of the  
earth.

**THE SECOND READING Ephesians 1:17-23**

*The city had no need of sun or moon to shine on it.*

Father of Glory,  
light up the eyes of our hearts  
so that we can begin to know and love your son,  
who is born to be your fullness.

We ask.  
Come, Lord Jesus,  
enlighten us to  
fix all that is  
broken.

And fill all things in every way,  
and make everything  
new with your  
love. (*Annie Osdieck*)

**Reflections:**

'I am with you always!'



As Christ ascends to heaven, he commissions us to be his living message of hope, love, and compassion in a world crying out for healing. Christ is the head of the Church and we are the body, filled with his wisdom and power to transform all creation (**Second Reading**).

We are not left to struggle on our own. The risen Christ fills us with his Holy Spirit so that we who believe are his witnesses to the ends of the earth (**First Reading**). Jesus's disciples do not dwell on their loss at his departing from their sight, but are instead full of joy at the realisation that he is now with them forever (**Gospel**).

The **Psalm**, using words, songs and actions of joy and exultation, brings us to the heart of the event we celebrate today.

The readings and liturgy for this wonderful feast day invite us all to share in the amazement of those first disciples of Jesus, so that we, too, can become like them – joyful followers of Christ.

This week, we might pray for the opportunity to proclaim the joy of the Good News to as many people as possible. We also pray for the peace of the world, and especially for the people of Ukraine. (*St. Bueno's Outreach to Diocese of Wrexham*)

## Reflection 2

We might say that in the Resurrection Jesus had graduated from life into *Life*. Having tunneled through the tight passageway of death—as you and I certainly will do one day—he had given everything he was and everything he possessed to the Father. Out of sheer love. But instead of there being nothing left for us, there was now humanity transformed: a divine human person who had opened himself all the way and who was now marked with the totality of love. He was on his way back to the dynamic, swirling, Trinitarian circle of love from which his humanity had issued in the first place.

After the Resurrection he had lingered only in order to tell us about it, to comfort us, to ease the loss!

“Stay in Jerusalem until my Spirit comes to fill your heart,” Jesus said to his followers ([First Reading](#)). They were going to be filled “with all humility and gentleness, bearing with one another through love, striving to preserve the unity of the Spirit through the bond of peace: one body and one Spirit” ([Second Reading](#)).

Could you or I follow Jesus in his resurrection and ascension, his immense act of humble love, poured into us and ever since known to be the Holy Spirit? Jesus would continue to be alive within the world after all, but in a different form: the Holy Spirit’s presence within our own human bodies. Loss and absence were turned into real presence.

In the Eucharistic Prayer and in Communion we take his body and blood into our own body and blood. His Spirit helps us accept his life, death, and resurrection. These settle into us and into others around us.

This real presence now abides forever in our midst, urging us, gently nudging us to say “Yes”. (*John Foley S.J.*)

