

FAITH

@Home

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Diocese of Waterford & Lismore

Celebrating and supporting faith, hope and love
in the heart of the family!



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THE ASCENSION OF THE LORD

Year B

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

*"He was taken up into Heaven.
There at the right hand of
God he took his place"*



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 [here](#).

Pray

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.

Then 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 wealthy and well-dressed or do they look poor? Do they 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 23. Here are [7 things you can do to prepare for Pentecost!](#)

Mission: Jesus wants all of us to share in the great mission He gave to His disciples at the Ascension. He wants us all to "Go out to the whole world and proclaim the Good News!" Who can you tell about the Good News of God's love this week?

Song of the Week!
LORD I LIFT YOUR NAME ON HIGH

Please email us at faithathome@waterfordlismore.ie [or click the [subscribe](#) button] if you would like to receive Faith@Home direct to your inbox each week!

"To the Heights" Post-Primary / Youth Version also available: click [SUBSCRIBE](#) / email youthministry@waterfordlismore.ie

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KNOW WHERE YOU ARE GOING!

In the first reading of the Mass today we hear that Our Lord "was lifted up and a cloud took Him out of their sight". About the disciples it simply says: "they looked up to heaven as He went". Today is Ascension Sunday and from it a lesson is taught that touches upon an essential aspect of our faith. The mystery contemplated today points us heavenwards. By keeping our sight on the goal, Heaven, we are fixing our hearts upon that which we are created for, that which gives the ultimate meaning to our existence.

Like anything embarked upon in life, where there is no clear perspective one is left disorientated. Without a fixed destiny the traveller would become nothing but a nomad, aimlessly roaming around. We see this in modern day society, especially in young people. It seems that the object in life for many is freedom from all restrictions and so to satisfy one's own desires.

We are not called to be nomads destined to be lost. Rather we are called to be pilgrims firmly on course to a heavenly destiny, communion with God in Christ. We have the immense gift as Catholics that our goal in life is not only proposed to us, but it is communicated to us. God wants us to know where we are going! Our heavenly destiny, communion with God, comes down to us every time we make use of the Sacraments, especially that of Confession and more so in the reception of Jesus in Holy Communion. In these, Jesus communicates to us His own divine life.

For sure, the greatness of Heaven is easily obscured by the trials of present. However, there is an aspect of today's mystery that when considered may serve to give us encouragement. Tradition has it that Our Lord ascended to Heaven from the Mount of Olives (Acts 1:12). By providential decision this is the same place where Our Lord conformed His will to His Father's during His agony. From that it can be deduced that to ascend into Heaven one has to pass by the agony of dying to one's own will, conforming it to Our Heavenly Father's. When we suffer with Christ we are on the right track.

By Fr Kevin Deakin, SHM



CHECK IT OUT: BISHOP PHONSIE'S THOUGHT FOR THE DAY

Have you tuned in yet to Bishop Phonsie's "Thought for the Day"? Daily inspirations and reflections during these difficult times uploaded to <https://waterfordlismore.ie/bishop-phonsie/>

EVENTS

"Rooted": Lectio Divina Zoom Series for adults who would like to learn to read and pray with Scripture. Wednesdays 8 - 9.15pm from May 5th - June 16th. Contact events@waterfordlismore.ie

Quo Vadis: Catholic Zoom Series for Young Adults aged 18-35. Sundays 7-8pm, May 16th - June 6th. "The Eucharist: Just a Symbol or Something More?" A four-part series on the mystery of the Eucharist, Eucharistic miracles, mystics, martyrs and Waterford's own Little Nellie of Holy God. Contact events@waterfordlismore.ie or [click here](#)

REVIVE Live-streamed event for Youth

Friday 21st May, 7.30 - 8.30pm livestreamed on www.holyfamilymission.ie Special prayers for exam students www.waterfordlismore.ie/youth-ministry

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

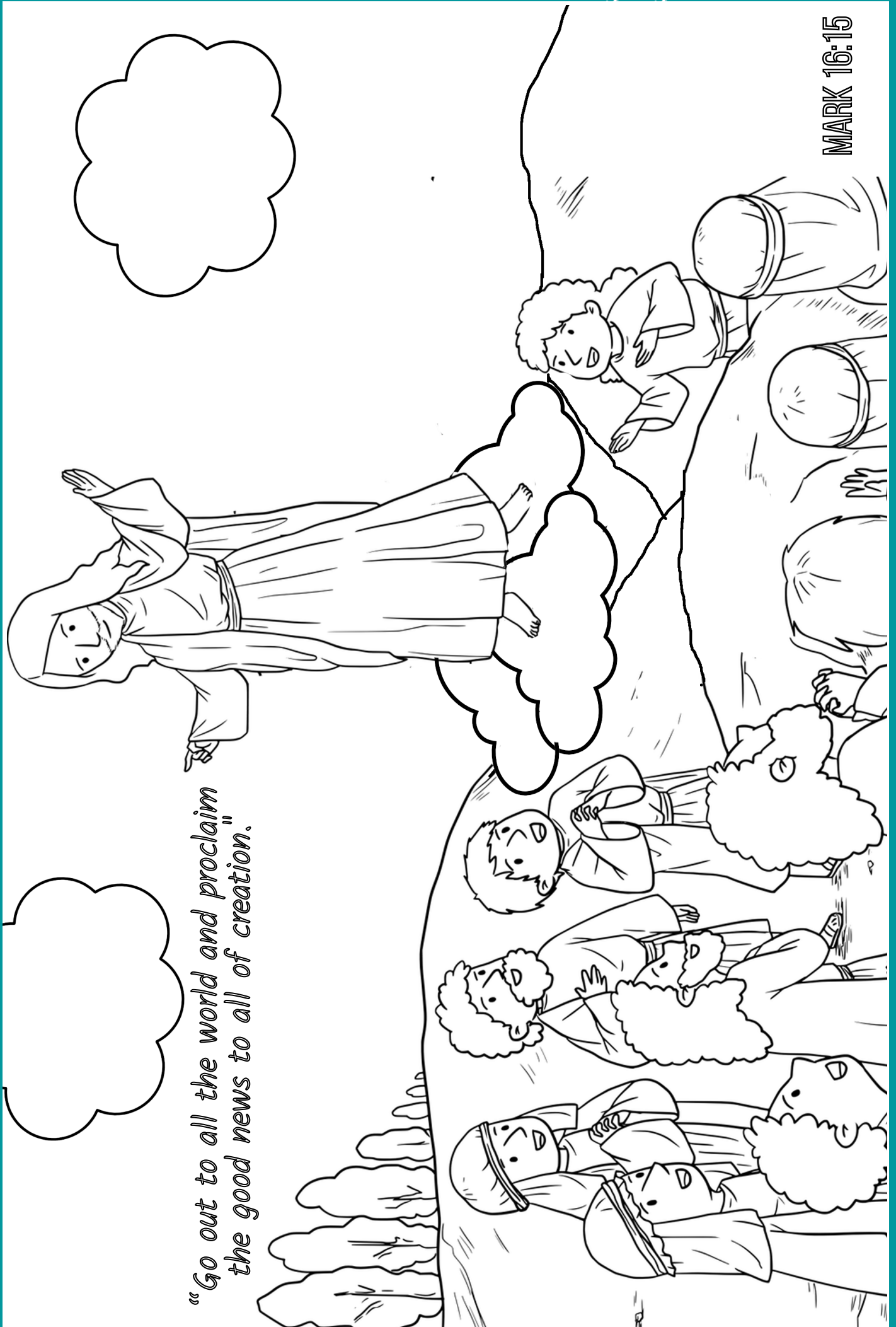


2,000 years ago, Jesus walked the roads of this earth, with a band of 12 Apostles: fishermen, tax collectors - regular guys. They didn't always understand what His teaching meant, or what His Mission entailed, or what it really meant for their personal future. Most of them abandoned Him at His Passion, 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. 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!

- ▶ [Jesus' Ascension \(context explained\)](#)
- ▶ ["Lifesong" Casting Crowns](#)
- ▶ Pope Francis' call to young people to leave a mark on the world at WYD '16



MARK 16:15



*"Go out to all the world and proclaim
the good news to all of creation."*



GETTING OUT OF OUR COMFORT ZONES

Who are the people who impress you the most? Who are you most likely to listen to and take advice from? Why?

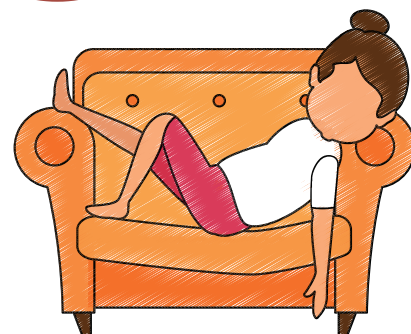
What kind of message do you think young people most need to hear today? What are their hearts looking for?

POPE FRANCIS: WORLD YOUTH DAY 2016 MESSAGE TO YOUNG PEOPLE



Pope Francis spoke first about the fear we can feel of being paralysed: "thinking that ... there is no longer any room to grow, to dream, to create, to gaze at new horizons - in a word to live..."

"But in life there is another, even more dangerous, kind of paralysis... I like to describe it as the paralysis that comes from confusing happiness with a sofa. In other words, to think that in order to be happy all we need is a good sofa. A sofa that makes us feel comfortable, calm, safe. A sofa like one of those we have nowadays with a built-in massage unit to put us to sleep. A sofa that promises us hours of comfort so we can escape to the world of videogames and spend all kinds of time in front of a computer screen. A sofa that keeps us safe from any kind of pain and fear. A sofa that allows us to stay home without needing to work at, or worry about, anything... That is probably the most harmful and insidious form of paralysis, since little by little, without even realizing it, we start to nod off, to grow drowsy and dull while others - perhaps more alert than we are, but not necessarily better - decide our future for us....



Dear young people, we didn't come into this work to "vegetate", to take it easy, to make our lives a comfortable sofa to fall asleep on. No, we came for another reason: to leave a mark. It is very sad to pass through life without leaving a mark. But when we opt for ease and convenience, for confusing happiness with consumption, then we end up paying a high price indeed: we lose our freedom.

This is itself a great form of paralysis, whenever we start thinking that happiness is the same as comfort and convenience, that being happy means going through life asleep or on tranquillizers, that the only way to be happy is to live in a haze. Certainly, drugs are bad, but there are plenty of other socially acceptable drugs, that can end up enslaving us just the same. One way or the other, they rob us of our greatest treasure: our freedom....



Jesus is not the Lord of comfort, security and ease. Following Jesus demands a good dose of courage, a readiness to trade in the sofa for a pair of walking shoes and to set out on new and uncharted paths. To blaze trails that open up new horizons capable of spreading joy, the joy that is born of God's love and wells up in your hearts with every act of mercy. To take the path of the "craziness" of our God, who teaches us to encounter him in the hungry, the thirsty, the naked, the sick, the friend in trouble, the prisoner, the refugee and the migrant, and our neighbours who feel abandoned. To take the path of our God, who encourages us to be politicians, thinkers, social activists. The God who asks us to devise an economy inspired by solidarity. In all the settings in which you find yourselves, God's love invites you bring the Good News, making of your own lives a gift to him and to others...

God expects something from you. God wants something from you. God hopes in you. God comes to break down all our fences. He comes to open the doors of our lives, our dreams, our ways of seeing things. God comes to break open everything that keeps you closed in. He is encouraging you to dream. He wants to make you see that, with you, the world can be different. For the fact is, unless you offer the best of yourselves, the world will never be different.

The times we live in do not call for young "couch potatoes" but for young people with shoes, or better, boots laced. It only takes players on the first string, and it has no room for bench-warmers. Today's world demands that you be a protagonist of history because life is always beautiful when we choose to live it fully, when we choose to leave a mark... He wants to turn your hands, my hands, our hands, into signs of reconciliation, of communion, of creation. He wants your hands to continue building the world of today. And he wants to build that world with you....

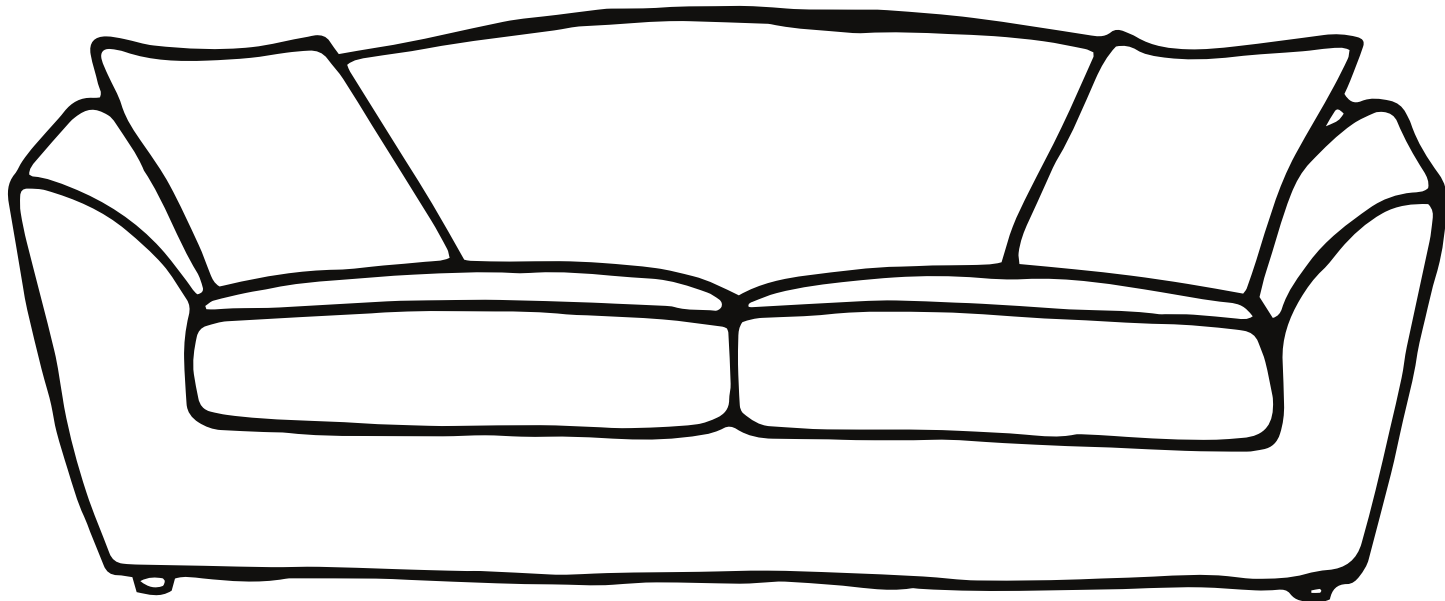


Read the full speech at
<https://www.icatholic.ie/prayer-vigil-world-youth-day-2016/>



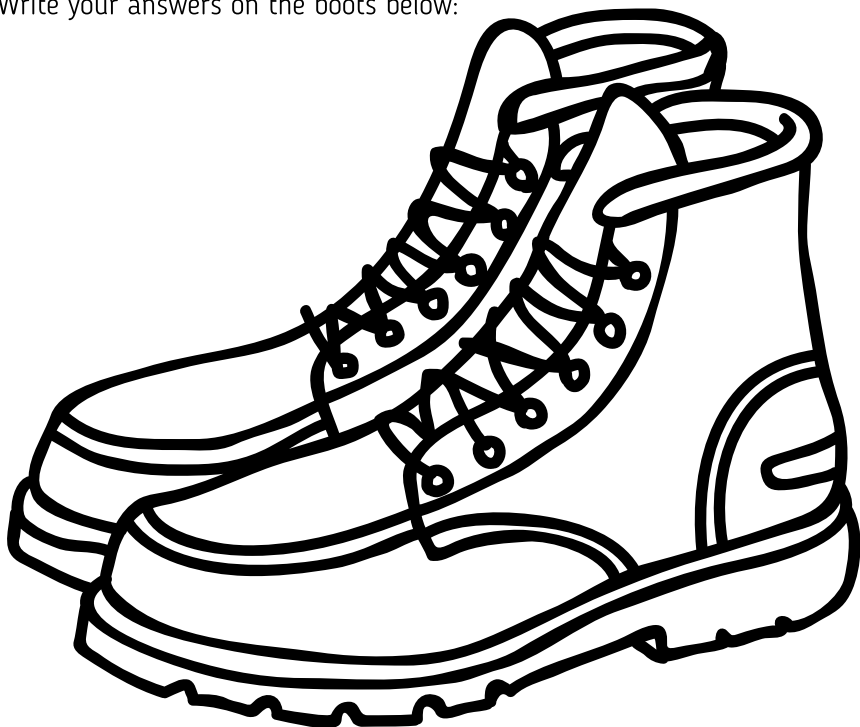
WHAT IS MY "SOFA-HAPPINESS"? WHAT DISTRACTS ME FROM SPENDING MY TIME WELL AND FOR OTHERS?

Write your answers on the sofa below:



WHAT COULD MY WALKING SHOES BE? HOW CAN I LACE UP MY BOOTS TO LEAVE A MARK IN THE WORLD?

Write your answers on the boots below:



"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 —

TUNES TO INSPIRE YOU...

SET THE WORLD ON FIRE: BRITT NICOLE

LIFESONG: CASTING CROWNS

THE MOTIONS: MATTHEW WEST

AWAKENING: CHRIS TOMLIN

- ASCEND YOUTH MINISTRY (DIOCESE OF WATERFORD & LISMORE) -

