

SUNDAY MASS

ENTRANCE ANTI-PHON:

Men of Galilee, why gaze in wonder at the heavens? This Jesus whom you saw ascending into heaven will return as you saw him go, alleluia.

FIRST READING: Acts 1:1-11.

RESPONSORIAL PSALM: Psalm 47.

RESPONSE:
God has gone up with shouts of joy. The Lord goes up with trumpet blast.

1. All peoples, clap your hands.
Cry to God with shouts of joy!
For the Lord, the Most High, is awesome,
the great king over all the earth. **R**
2. God goes up with shouts of joy.
The Lord goes up with trumpet blast.
Sing praise for God: sing praise!
Sing praise to our king: sing praise! **R**
3. God is king of all the earth.
Sing praise with all your skill.
God reigns over the nations.
God sits upon his holy throne. **R**

SECOND READING: Ephesians 1:17-23.

GOSPEL ACCLAMATION:

Alleluia, alleluia. Go and make disciples of all nations, says the Lord; I am with you always, to the close of the age. Alleluia.

GOSPEL: Matthew 28:16-20.

COMMUNION ANTI-PHON:

Behold, I am with you always, even until the end of the age, alleluia.

THE WEEK AHEAD

Live the Word

Mon 22 May (St Rita of Cascia, R)

Acts 19:1-8; Psalm 68; John 16:29-33

Take a careful look at how faithful you are when following Christ is not all that popular. It is in these moments that you will have an opportunity to manifest your faith and deepen your resolve to be a Christian.

Tue 23 May Liturgy of the Day

Acts 20:17-27; Psalm 68; John 17:1-11

The "hour" (or the Crucifixion) of Jesus is something that we must constantly live. How? By constantly embracing the Cross in our lives so that this cross is also a moment of glorification.

Wed 24 May Our Lady Help of Christians

Acts 20:28-38; Psalm 68; John 17:11-19

How deep is your faith? Why do you believe? Are you ready and willing to hold on to that faith no matter what comes your way? Are you ready to follow Jesus even if it's difficult and unpopular?

Thu 25 May (St Bede the Venerable, PrD)

Acts 22:30; 23:6-11; Psalm 16; John 17:20-26

Reflect today that the all-powerful God of the Universe actually dwells in the secret depths of your soul. Acknowledge God's presence, adore God living within you, and speak to God as to a dearest friend.

Fri 26 May St Philip Neri, Pr

Acts 25:13-21; Psalm 103; John 21:15-19

Jesus is always inviting us to let our sin be a motivation for deepening our love. He doesn't sit and stay angry at us. But He does ask for the deepest of sorrow and a complete conversion of heart.

Sat 27 May (St Augustine of Canterbury, B)

Acts 28:16-20,30-31; Psalm 11; John 21:20-25

Even though the numerous events of Christ's life cannot be contained in countless volumes of books, we can, nonetheless, discover Jesus himself in what is contained in the Scriptures.

Sun 28 May PENTECOST

Acts 2:1-11; Psalm 104; John 20:19-23

God wants to set our hearts on fire with his love, strength and grace so as to effectively live lives that effect change in the world. Pentecost enables us to be powerful instruments of the transforming grace of God.

(KEY: **SOLEMNITY**: FEAST: Memorial: (Optional Memorial)

R=Religious; Pr=Priest; D=Deacon; B=Bishop

Copyright. Do not reproduce without permission. © Redemptorist Pastoral Publications.
Phone 082 667 3857. Email: info@rpp.org.za; Internet: www.rpp.org.za

Catholic Link

EASTER POETRY

Ascension of the Lord • Year A
Divine Office: Week III • 21 May 2023

The Ascension of the Lord

Lessons from nature teach us something of our instinctive desire to rise above all the limitations of being human. We have an instinctive desire to transcend our mortality, or, as the psalmist says: "Of you my heart has spoken, 'seek His face.'" (Psalm 27:8).

Mary Oliver, in her poem, *The Heron*, inspires us with this lesson from nature as she contemplates a huge heron bird rising from the 'black sticks' of mortal life 'into the air' of eternal life. Observing this common natural sight, she expands her heart into contemplating a greater reality:

Then, not for the first or the last time,
I take the deep breath of happiness,
and I think how unlikely it is
that death is a hole in the ground,
how improbable
that ascension is not possible...

The words 'unlikely' and 'improbable' imply a movement of faith, an attention to greater mystery. This moment of wonder leads to a profound affirmation of one of the great tenets of the Christian faith: the ascension of Christ. Having conquered the finality of death, Jesus reveals that death is not 'a hole in the ground' but instead affirms that it is the threshold to resurrection and new life. Like a heron, muses Mary Oliver,

...this opening up of the heavy body into a new life: see how the sudden gray-blue sheets of her wings strive toward the wind;
see how the clasp of nothing takes her in.
'The clasp of nothing' is not nothing, of

course. It is nothing to the naked eye, but in truth it is the breath, the wind, of the Holy Spirit, the same Spirit that hovered over the first creation, the 'formless, empty void', breathing life into it.

The Ascension of Christ is, we said, an item of faith in the Creed. We believe in it. But all that we believe is not merely of academic interest, still less idle curiosity; it is also always about us too, *filii in Filio* – sons and daughters in the Son. His ascension is our hope. It is a reminder that we all stand on the threshold, the liminal space between heaven and earth.

A threshold is not a simple boundary; it is a frontier between two different atmospheres. It is a testimony to a life that cannot be crossed without expanding the heart, listening to its still small voice, being awakened to its ultimate longing.

Today we look to the Ascension of Christ as the confirmation of our hope in eternal life. It is a visible manifestation of Jesus himself standing at the threshold between heaven and earth, then moving into the liminal space of 'the clouds', and then gone.

But not gone. An angel tells the disciples to cease from looking up because, mystery of mysteries, Christ returns in his Holy Spirit present in the muck of life and all its ambiguity and pain. It is here where we must seek Him: in His Word proclaimed in the Scriptures, in His Body and Blood in the Eucharist, in the community of believers who form his mystical body on earth ... and in the poor, the hungry, the sick, the homeless, for whom, he says, if we serve them, "you do it to me."



Wikimedia Commons: Tricoloured heron by Chris Harshaw

Books from Redemptorist Pastoral Publications

Just as he encountered Mary Magdalene with the question, "Why are you weeping?", Jesus continues to come to those who mourn the death of loved ones.

A new and revised version of the very popular first edition, this book is offered in the hope that it will bring readers who are grappling with questions of faith and feelings of loss, into contact with the compassion of Jesus.

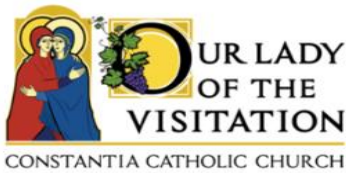
WHY ARE YOU WEeping?
FINDING HOPE IN A TIME OF GRIEF
A Redemptorist Publication

R80
plus delivery

Order from our website www.rpp.org.za or email orders@rpp.org.za. Enquiries: 082 667 3857.

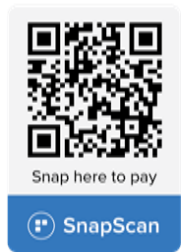
Redemptorist Publications South Africa

Copyright. Do not reproduce without permission. © Redemptorist Pastoral Publications.
Phone 082 667 3857. Email: info@rpp.org.za; Internet: www.rpp.org.za



ASCENSION OF OUR LORD
20th/21st May 2023

4 Price Drive, P O Box 161, Constantia 7848
Office Phone: 021 794 5185
Gate: 082 433 4957
Email : materecl@constantiacatholic.co.za
: parishpriest@constantiacatholic.co.za
Website : www.constantiacatholic.co.za
Parish Priest: Rev Fr Robert Bissell
Deacon: Rev Dcn Michael Brooks
Secretaries: Deborah Jordan / Vivien Cones
Office Hours: Weekdays 08h30-13h00



Date	Intensions
Saturday 20th	17h30 ASCENSION OF OUR LORD Eddie Scott 18h00 Prayer & Rosary
Sunday 21st	09h00 ASCENSION OF OUR LORD Missa pro Populo 17h30 ASCENSION OF OUR LORD Deborah Jordan 18h00 Prayer & Rosary
Monday 22nd	No Mass 18h00 Prayer & Rosary
Tuesday 23rd	08h00 Mass of the Day Patricia Ryan RIP 18h00 Prayer & Rosary
Wednesday 24th	08h00 Our Lady Help of Christians Isobel Collard RIP 18h00 Prayer & Rosary
Thursday 25th	08h00 Mass of the Day Margot Hotz RIP 18h00 Prayer & Rosary
Friday 26th	09h30 St Philip Neri Elsa Sarabando 18h00 Prayer & Rosary
CONFESSION	Saturdays 16h30-17h15 <i>Or by Appointment</i>

OUR PARISH MISSION
The vision of our parish is:
To be a welcoming and evangelising Catholic community, striving with the grace of the Holy Spirit to know, love, and serve God more as disciples of Jesus Christ.

JOIN US ONLINE
Live-Stream: All Masses EXCEPT Saturday & Sunday evening:
<https://bit.ly/YouTubeConstantiaCatholic>
Daily Rosary: At 18h00 every evening:
<http://bit.ly/ConstantiaZoom>
Please see our emailers and website for updates: www.constantiacatholic.com

RCIA
Rite of Christian Initiation of Adults
Starting Tues 06 June at 19h30
at Holy Redeemer, Bergvliet.
For more information contact Don Bowden:
don.jill.bowden@gmail.com

Prayer Intentions: For all in need of our prayers and their families: Kevin McEvoy, Allen Galvin, James-Dean Neill, Keith Urry Snr, Malcolm Asher, Melissa Blumenthal, Mgr. Andrew Borello, Brendan Bosson, Fr. Stan Botha, Fr. Douglas Wiseman, Lucinda Bromfield, Neva Bruce-Brand, William De Villiers, Elijah, Sarah Glenday, Cecco Giovannini, Joan Gold, Derek Kudsee, Janet Kutzer, Fr. Eddie O'Neil, Brenda Robb, Margaret Savage, Maureen Soule, Connor Young.



SECOND COLLECTION
Priests' Medical Fund
27/28 May
This second collection, to be taken up at all Masses this weekend, needs our generous support. It is used for priests who need hospitalisation, medical care or medication. Envelopes available - or EFT to Parish Bank account Ref: Priests Medical Fund.

PRAYER FOR SOUTHERN AFRICA
Merciful Father, send forth your Spirit upon us the people of Southern Africa. May we hear anew the voice of Jesus Christ, inviting us to walk with him across the turbulent waters of our time: "Courage, it is I. Do not be afraid."
By the grace of the Holy Spirit empower us to bring comfort to the restless, hope to those who despair, healing to victims of violence, and reconciliation where there is division.
May the Holy Spirit heal our families and communities. Grant us ethical and courageous leaders who put the good of the people before their own interest.
In the Name of the Father, and of the Son and of the Holy Spirit we commit ourselves to speak the truth with courage, to act justly in all we do, to share with those in need and always and everywhere to respect your gift of life as we strive to proclaim the values of the Kingdom in solidarity with all people of goodwill. Amen.

CONFIRMATIONS – 2023
Next Sunday, 28th May, at 09h00 Mass, Archbishop Stephen Brislin will confer the Sacrament of Confirmation on our five candidates. We ask you to pray for them:

- Andrew Betty
- Peter Davids
- Michaela Edwards
- Kelly Hoffman
- Joshua Van Lienden

PPC Meeting: This Tuesday 23 May in the Parish Hall.
Tea In The Hall – 28 May: Please join us after 09h00 Mass next Sunday (Pentecost), to celebrate our young people on their Confirmation day. Thank you to Debbie Farrugia, Sarah van Lienden and all the helpers for supplying the eats.
You Church Needs You: Thanks to the many people who volunteered to get involved in the various portfolios and ministries. Portfolio leads have been busy contacting everyone and this weekend we will have an update to share with the parish.

REFLECTION: Ascension of Our Lord
At the Ascension Jesus went to 'heaven' but without leaving earth, just disappearing from our field of vision. Heaven isn't a place but a state of being with God the Father and is all around us. If we've closely follow the Lord, his presence with us can make our daily life one of heaven, full of joy and peace.
Richard.

FEAST OF OUR LADY OF THE VISITATION
Constantia Catholic Parish Feast Day
Wednesday 31 May
Wed 31 May – Mass will be at 09h30
Followed by tea in the hall
Sunday 04 June - Please join us for
Sunday morning tea after 09h00 Mass to celebrate our parish feast day.

Available from the back of the church or from the parish office:

- The Southern Cross Magazine:** only R30
- Nazareth House – Jams:** R35 per jar
- Little Sisters of Jesus – Achar** R35/R60 (see prices on jars) - **Chilli** R25
- OLV Prayer Books –** R200 per copy