

SUNDAY MASS

ENTRANCE ANTIPHON:

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. *℟*
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! *℟*
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. *℟*

SECOND READING: Ephesians 4:1-13.

GOSEL 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.

GOSEL: Mark 16:15-20.

COMMUNION ANTIPHON:

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

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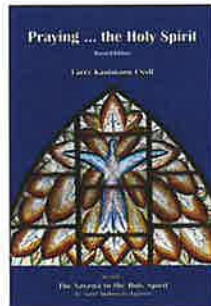
PRAYING... THE HOLY SPIRIT

by Fr Larry Kaufmann CSSR

Christians affirm the role of the Holy Spirit in prayer.

This booklet is offered as a help in turning to the Holy Spirit during periods of discernment, decision-making, trial or transition – all parts of our lives at one time or another.

It contains many beautiful prayers to the Holy Spirit. The author's hope is that this booklet will become a source of prayer and renewed devotion to the Holy Spirit who "leads us to the complete truth" (John 16:13)



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THE WEEK AHEAD

Live the Word

Mon 13 May (Our Lady of Fatima)

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

Today's world is filled with constant noise, commotion and activity. Jesus wants you to know his peace in your heart, and he wants that peace to sustain you. Seek Jesus himself, the source of that peace.

Tue 14 May ST MATTHIAS, A

Acts 1:15-17, 20-26; Psalm 113; John 15:9-17

"Sometimes in the stillness of the quiet, if we listen, / We can hear the whisper in the heart / Giving strength to weakness, courage to fear, hope to despair." – Howard Thurman, *Meditations of the Heart*

Wed 15 May Liturgy of the Day

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

"Mystics and sages of all traditions speak of the inner fire, the divine spark hidden in our very cells and in all that lives. This flame of love is the pure presence of God." – Paula D'Arcy

Thu 16 May Liturgy of the Day

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

While some paths are better than others, whatever path we may discern for ourselves in life, God is with us in all of them. Be joyful that God is with you wherever you are.

Fri 17 May Liturgy of the Day

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

Society today doesn't place much importance on the honouring of commitments. It is important to keep your word – to do something if you said that you would. Let your 'Yes' mean 'Yes'.

Sat 18 May (St John I, PM)

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

In prayerful reflection, replace Peter in today's gospel story with yourself. How do you respond to Jesus' question "do you love me"? What commitment are you prepared to make to Jesus?

Sun 19 May PENTECOST

Acts 2:1-11; Psalm 104; John 15:26-27; 16:12-15

"Since *my Beloved is for me and I for my Beloved*, who will be able to separate and extinguish two fires so enkindled? It would amount to labouring in vain, for the two fires have become one." – Teresa of Ávila

(KEY: SOLEMNITY; FEAST; Memorial; (Optional Memorial)
A=Apostle; P=Pope; M=Martyr

Catholic Link

EASTER SPIRITUALITY

Ascension of our Lord • Year B
Divine Office: Week III • 12 May 2024

Ascension and Easter Hope

The Feast of the Ascension is a highlight of the Easter Season and fills us with hope. Hope implies looking into the future. For us humans, to truly enjoy our present existence

there is the need for hope, without which we will not have much will to live. Dostoevsky went further and said that "to live without hope is to cease to live". Hope is as vital to our daily lives as oxygen.

We live in a world with many upheavals, all of which put us in need of hope. In our search for hope, different people believe they can find it in various ways: promises made by a friend or a relative, relocating to different parts of the world, changing jobs, and many other things. While it is not necessarily wrong to seek for hope in things such as these, they are, however, transient and for that reason cannot fulfil the deepest yearnings of our hearts.

Our hearts yearn for hope that is not this-worldly. This is the significance of the Ascension. We yearn for a hope that transcends the grave. C. S. Lewis drew the conclusion that "if we find a desire within ourselves that cannot be satisfied by anything in this world, it is likely that we were made for another world." Or, as St Augustine puts it, "You have made us for yourself O Lord, and our hearts are restless until they rest in you."

The Resurrection and Ascension of Christ are the great feasts of Easter hope. Hope in the Risen Lord is not like the transient and superficial hope which the world offers. By rising

from the dead, by breaking open the confines of the grave, the Risen Lord brings about a living hope. In his Ascension he redirects our gaze towards a hope that is eternal. St Paul

writes in his letter to the Colossians: "Now that you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God. Set your minds on things above, not on earthly things. For you have died and your life is now hidden with Christ in God" (Colossians 3:1-3).

As Christians we can indeed yearn for peace, good health, good jobs, financial security, stable relationships, and many other good things in this life. However, they merely serve as the window through which we glimpse our eternal salvation. Easter hope is the bedrock for every other kind of hope we have. It

makes it possible for us not to despair when we face disappointments in life. It teaches us that no created thing can offer us security. Only in Christ can our hope be certain, since "he rose from the dead, ascended into heaven and is seated at the right hand of the Father".

Our hope as Christians is a living hope which allows us to rejoice even in the difficult times of our lives. As Pope Francis says, at Easter "the destiny of the world was changed; the proclamation that Christ is 'truly risen' is a reminder that our hope is not an illusion, but the truth".



Rosary Basilica, Lourdes, 19th century



Ascension of Our Lord
11th/12th May 2024

4 Price Drive, Constantia 7806
Office Phone: 021 794 5185
Voip: 087 903 4049
Email : materecl@constantiacatholic.co.za
: parishpriest@constantiacatholic.co.za
Website : www.constantiacatholic.co.za
Parish Priest: Rev Fr Shaun Addinall
Deacon: Rev Dcn Michael Brooks
Secretaries: Deborah Jordan / Vivien Cones
Office Hours: Weekdays 08h30-13h00



Date	Intentions		
Saturday 11th	17h30	Ascension of Our Lord	Angelina Martins RIP
Sunday 12th	09h00	Ascension of Our Lord	Ada Golsalves RIP
	17h30	Ascension of Our Lord	Missa pro Populo
Monday 13th	No Mass		
Tuesday 14th	08h00	St Matthias	Therese Kudsee RIP
Wednesday 15th	08h00	Mass of the Day	Jack Craig Lawrie Heyns
	08h00	Mass of the Day	Mortuary List
Thursday 16th	08h00	Mass of the Day	Mortuary List
	18h30	Benediction & Adoration	
Friday 17th	09h30	Mass of the Day	Renee Mary Lawrie RIP
Daily	18h00	Prayer & Rosary on Zoom	
CONFESSION	Saturdays 16h45-17h15		Or by Appointment

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



Prayer Intentions: *For all in need of our prayers and their families:* Tony McEwen, Simon Goemans, Avril Meinesz, Allen Galvin, Jennie Underwood, Gian Paolo Barzon, Felicitas Aguila, Neves Rodrigues, Diedre Scodeller, Corlize Lauff, Connor Young, Malcolm Asher, Mgr. Andrew Borello, Fr. Stan Botha, Fr. Douglas Wiseman, Fr. Eddie O'Neil, Brenda Robb, Lucinda Bromfield, Neva Bruce-Brand, William De Villiers, Elijah, Sarah Glenday, Cecco Giovannini, Derek Kudsee, Brendan Bosson, Margaret Savage.

HOLY HOUR
Thursday 16th May
18h30: Holy Hour – Benediction & Adoration of the Blessed Sacrament
To pray for peaceful elections in our country.

SUNDAY TEA: Next Sunday, 19 May after 9am Mass, hosted by Sarah Ravenhill and Tracy-Leigh Paulucci. Volunteers still needed. If you can help, please sign up on the roster in the hall or online at:
<https://bit.ly/Teas2024>

SACBC PRAYER FOR 2024 ELECTIONS
Lord, we the people of South Africa, thank and praise you for your inexhaustible love and the graces of healing and peace you continually offer to us as a nation.
As we prepare for the elections in 2024, send us your Holy Spirit to form our consciences according to the Gospel of Jesus Christ, so that we may choose leaders who aspire for the common good of our nation and have the fear of the Lord in their hearts.
We pray for a peaceful, free and fair electoral process, devoid of any form of violence, intimidation or suppression. Heal whatever is broken in our hearts, families and communities, so that we can respond to your call to build a more just, more united and a more peaceful nation of South Africa.
We ask this through Christ our Lord.
Amen.

Which Way, SA?
Elections 2024
A talk on
Thursday 16 May 19h00-20h30
St Michael's Catholic Church, Rouwkoop Road, Rondebosch.
Speakers:
Dr Lauren Paremoer
Mike Pothier
For more details, please see poster on notice board

Springfield Convent School
Invites applications for a **Workshop Supervisor**
Please see details on noticeboard
Closing date for applications:
Monday, 13 May 2024

DO YOU HAVE A HANDBAG (used) to donate to the Dignity Handbags of Love Project for abused women? Please put your handbag in the box provided. If you would like to add a magazine, notebook with inspirational message or a lipstick etc. would be much appreciated. ♥♥
WhatsApp Jenny Lancaster 082 847 7792

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

- Southern Cross Magazine R40.00
- Upper Room – R50.00
- Fr Peter's Marmalade: R40.00

REFLECTION: Ascension of Our Lord
Heaven is more a state than a place. God is outside of space and time and so is paradise. At the Ascension Jesus left our limited, visual universe for a divine one, but without leaving earth. Heaven and hell are all around us. Let's stop "looking up to heaven" and look down to better the conditions of our present world.
Richard.

Our parish mission 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.