

# The 7th Sunday of Easter

24 May 2020

## Hymn

<https://www.youtube.com/watch?v=zGTBNB0854Y>

**Hail the day that sees him rise, Alleluia!  
Glorious to his native skies. Alleluia!  
Christ, awhile to mortals given, Alleluia!  
enters now the highest heaven. Alleluia!**

**There for him high triumph waits; Alleluia!  
lift your heads, eternal gates. Alleluia!  
He has conquered death and sin; Alleluia!  
take the King of glory in. Alleluia!**

**See he lifts his hands above; Alleluia!  
See he shows the prints of love, Alleluia!  
He has conquered death and sin, Alleluia!  
Take the King of glory in. Alleluia!**

**Lord, beyond our mortal sight, Alleluia!  
Raise our hearts to reach thy height, Alleluia!  
There thy face unclouded see, Alleluia!  
find our heaven of heavens in thee. Alleluia!**

## THE INTRODUCTORY RITES

### Entrance Antiphon

Cf Ps 27.7-9

O Lord, hear my voice, for I have called to you;  
of you my heart has spoken: Seek his face;  
hide not your face from me, alleluia.

### Greeting

✠ In the name of the Father, and of the Son, and of the Holy Spirit.  
**Amen.**

The Lord be with you.  
**And also with you.**

Christ is risen, alleluia.  
**He is risen indeed, alleluia.**

### Penitential Act

Dear friends,  
this water will be sprinkled on us  
as a memorial of our Baptism.  
May the Lord our God help us by his grace  
to remain faithful to the Spirit we have received.

The celebrant sprinkles all present with holy water, moving through the church. Meanwhile, the chant I saw water (Vidi aquam), or another appropriate chant is sung.

The chant, in Latin,  
<https://www.youtube.com/watch?v=429smHGuy3I>

I saw water flowing from the Temple,  
from its right-hand side, alleluia:  
and all to whom this water came  
were saved and shall say: alleluia, alleluia.

Verses from Psalm 118 and the doxology Glory to God may also be sung.

The celebrant says:

May almighty God cleanse us of our sins,  
and through the celebration of this Eucharist  
make us worthy to share at the table of his Kingdom.

**Amen.**

### Hymn of Praise

**Glory to God in the highest,  
and peace to God's people on earth.  
Lord God, heavenly King,  
almighty God and Father,  
we worship you, we give you thanks,  
we praise you for your glory.**

**Lord Jesus Christ, only Son of the Father,  
Lord God, Lamb of God,  
you take away the sin of the world:  
have mercy on us;  
you are seated at the right hand of the Father,  
receive our prayer.**

**For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High,  
Jesus Christ,  
with the Holy Spirit,  
in the glory of God the Father. Amen.**

### Collect

Let us pray.

O God, whose Son, Jesus, prayed for his disciples,  
and sent them into the world to proclaim the coming of your kingdom:  
by your Holy Spirit, hold the Church in unity,  
and keep it faithful to your word,  
so that, breaking bread together,  
we may be one with Christ in faith and love and service,  
now and for ever. **Amen.**

## THE LITURGY OF THE WORD

### First Reading

Acts 1.6-14

A reading from the Acts of the Apostles.

When the apostles had come together, they asked him, ‘Lord, is this the time when you will restore the kingdom to Israel?’ He replied, ‘It is not for you to know the times or periods that the Father has set by his own authority. But you will receive power when the Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth.’ When he had said this, as they were watching, he was lifted up, and a cloud took him out of their sight. While he was going and they were gazing up towards heaven, suddenly two men in white robes stood by them. They said, ‘Men of Galilee, why do you stand looking up towards heaven? This Jesus, who has been taken up from you into heaven, will come in the same way as you saw him go into heaven.’

Then they returned to Jerusalem from the mount called Olivet, which is near Jerusalem, a sabbath day’s journey away. When they had entered the city, they went to the room upstairs where they were staying, Peter, and John, and James, and Andrew, Philip and Thomas, Bartholomew and Matthew, James son of Alphaeus, and Simon the Zealot, and Judas son of James. All these were constantly devoting themselves to prayer, together with certain women, including Mary the mother of Jesus, as well as his brothers.

For the word of the Lord,  
**thanks be to God.**

### Responsorial Psalm

Psalm 68.1-10, 33-36

- 1 Let God arise, and let his enemies be scattered;  
let them also that hate him flee before him.
- 2 Like as the smoke vanisheth, so shalt thou drive them away;  
and like as wax melteth at the fire, \* so let the ungodly perish at the presence of God.
- 3 But let the righteous be glad, and rejoice before God;  
let them also be merry and joyful.
- 4 O sing unto God, and sing praises unto his Name; \* magnify him that rideth upon the  
heavens;  
praise him in his Name JAH, and rejoice before him.
- 5 He is a Father of the fatherless, and defendeth the cause of the widows;  
even God in his holy habitation.
- 6 He is the God that maketh men to be of one mind in an house, and bringeth the prisoners  
out of captivity;  
but letteth the runagates continue in scarceness.
- 7 O God, when thou wentest forth before the people;  
when thou wentest through the wilderness,
- 8 The earth shook, and the heavens dropped at the presence of God;  
even as Sinai also was moved at the presence of God, who is the God of Israel.
- 9 Thou, O God, sentest a gracious rain upon thine inheritance,  
and refreshedst it when it was weary.
- 10 Thy congregation shall dwell therein;  
for thou, O God, hast of thy goodness prepared for the poor.

- 32 Sing unto God, O ye kingdoms of the earth;  
O sing praises unto the Lord;
- 33 Who sitteth in the heavens over all, from the beginning:  
lo, he doth send out his voice; yea, and that a mighty voice.
- 34 Ascribe ye the power to God over Israel;  
his worship and strength is in the clouds.
- 35 O God, wonderful art thou in thy holy places:  
even the God of Israel, he will give strength and power unto his people. Blessèd be God.

## Second Reading

1 Peter 4.12-14; 5.6-11

A reading from the first letter of Peter.

Beloved, do not be surprised at the fiery ordeal that is taking place among you to test you, as though something strange were happening to you. But rejoice in so far as you are sharing Christ's sufferings, so that you may also be glad and shout for joy when his glory is revealed. If you are reviled for the name of Christ, you are blessed, because the spirit of glory, which is the Spirit of God, is resting on you.

Humble yourselves therefore under the mighty hand of God, so that he may exalt you in due time. Cast all your anxiety on him, because he cares for you. Discipline yourselves, keep alert. Like a roaring lion your adversary the devil prowls around, looking for someone to devour. Resist him, steadfast in your faith, for you know that your brothers and sisters throughout the world are undergoing the same kinds of suffering. And after you have suffered for a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, support, strengthen, and establish you. To him be the power for ever and ever. Amen.

For the word of the Lord,  
**thanks be to God.**

## Gospel Acclamation

Cf Jn 14.18

**Alleluia, alleluia!**

I will not leave you orphans, says the Lord;  
I will come back to you, and your hearts will be full of joy.

**Alleluia!**

## Gospel

John 17.1-11

The Lord be with you.  
**And also with you.**

✠ A reading from the holy Gospel according to John.  
**Glory to you, Lord Jesus Christ.**

Jesus looked up to heaven and said, 'Father, the hour has come; glorify your Son so that the Son may glorify you, since you have given him authority over all people, to give eternal life to all whom you have given him. And this is eternal life, that they may know you, the only true God, and Jesus Christ whom you have sent. I glorified you on earth by finishing the work that you gave me to do. So now, Father, glorify me in your own presence with the glory that I had in your presence before the world existed.

I have made your name known to those whom you gave me from the world. They were yours, and you gave them to me, and they have kept your word. Now they know that everything you have given me is from you; for the words that you gave to me I have given to them, and they have received them and know in truth that I came from you; and they have believed that you sent me. I am asking on their behalf; I am not asking on behalf of the world, but on behalf of those whom you gave me, because they are yours. All mine are yours, and yours are mine; and I have been glorified in them. And now I am no longer in the world, but they are in the world, and I am coming to you. Holy Father, protect them in your name that you have given me, so that they may be one, as we are one.'

For the Gospel of the Lord,  
**praise to you, Lord Jesus Christ.**

*Pause to reflect on the Word.*

## **Reflection**

*Fr Graeme Kaines*

There must have been some sadness at or after the ascension of Christ into heaven even though the scriptures say that the witnesses of the ascension were filled with great joy. We must bear in mind that immediately before Easter Day there was the incredible grief and disillusionment of Good Friday.

Worth remembering too, there is often sadness along with joy of a last day at school or starting a new job. My own recollections include the joyful anticipation of beginning a new parish accompanied by the sadness of leaving the people of another. Happily you can take with you in memory and influence what was good in one's previous parish or position.

We shouldn't try to live in the past. As much as we might dislike the present it is, in itself, the way to the future. Even if, on the other hand, our past was terrible, we can hope that out of the evils of this past God can prepare a greater good.

People of Christian faith believe that all is prepared even though we do not know the future for certain and are like the disciples on the day of the ascension, looking up into the sky for Jesus whom they could not see. We know that the road into the future is part of the way to God. Prayer about the future gets us a little way along this road without knowing exactly its route or destination in minute detail.

Before his ascension Jesus explains that his leaving the disciples in a physical sense is an act of love. He knows that the future nature of his presence will be better for everyone in general. Notwithstanding any sadness it is the correct change which needs to happen. Then there will be Pentecost, when the disciples will receive the Holy Spirit, enabling them to do and be all that following the way of Christ invites.

## The Apostles' Creed

Let us profess the faith of the church:

**I believe in God, the Father almighty,  
creator of heaven and earth.**

**I believe in Jesus Christ, God's only Son, our Lord,  
who was conceived by the Holy Spirit,  
born of the virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died, and was buried;  
he descended to the dead.**

**On the third day he rose from the dead;  
he ascended into heaven,  
and is seated at the right hand of the Father;  
from there he will come to judge  
the living and the dead.**

**I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting. Amen.**

## Prayers of the People

**Pray for the world and the church.**

## Greeting of Peace

We are the body of Christ.

**God's Spirit is with us.**

The peace of the Lord be always with you.

**And also with you.**

## THE LITURGY OF THE EUCHARIST

**When all is prepared, the Priest says,**

Pray, brothers and sisters, that my sacrifice and yours  
may be acceptable to God, the Father almighty.

**May the Lord accept our sacrifice  
for the praise and glory of God's name,  
for our good, and the good of all God's holy Church.**

## Prayer over the Offerings

Source of all joy,  
receive our sacrifice of praise and thanksgiving.  
Keep us in the love of Christ  
and bring us to the vision of his glory;  
through the same Jesus Christ our Lord. **Amen.**

## The Eucharistic Prayer

God, the Earth and Ourselves

The Lord be with you.

**And also with you.**

Lift up your hearts.

**We lift them to the Lord.**

Let us give thanks to the Lord our God.

**It is right to give him thanks and praise.**

God of majesty,

Lord of life,

Jesus Christ our Lord has ascended to heaven,  
uniting us in the destiny we share.

Today we sing a song for all nations,  
a new song, the equal music  
that you promise in your kingdom.

Today we preach the good news,  
inspired and inspiring, boldly declared,  
a living witness to our Redeemer.

Today we dance with joy and thanksgiving,  
a way we find, through neither speech nor language,  
to realise the Spirit's power.

And so we follow Christ our Light,  
advancing with all the host of heaven  
beyond the height of the heavenly powers,  
and joined by ranks of angels,  
as we celebrate the wonder of your power:

**Holy, holy, holy Lord, God of power and might  
heaven and earth are full of your glory.**

**Hosanna in the highest.**

**Blessed is he who comes in the name of the Lord.**

**Hosanna in the highest.**

Lord, you are holy indeed;  
you enlighten our path with the light of Christ,  
who has scattered the darkness of heart and mind.

Send your Spirit of truth,  
the Advocate who pleads our cause,  
that these gifts, which earth has given  
and human hands have made,  
may become for us the body and blood of Jesus Christ,  
truly human, truly risen,  
our companion on the road.

On the night he was betrayed,  
Jesus took a loaf of bread,  
and when he had given thanks, he broke it and said,  
“This is my body that is for you.  
Do this in remembrance of me.”

In the same way he took the cup, after supper, saying,  
“This cup is the new covenant in my blood.  
Do this, as often as you drink it, in remembrance of me.”

And so, God of loving-kindness,  
we gather together,  
sharing in your passion and resurrection,  
clothed with the power promised us from on high,  
our eyes opened in the breaking of the bread.

Great is the mystery of faith:

**Christ has died.**

**Christ is risen.**

**Christ will come again.**

God of earth and all creation,  
Breath of life and Fire of love,  
increase your gifts of grace within us  
that we may imitate your compassion  
and build up the body of Christ.

Give us a constant faith and a firm hope,  
that we may walk with the disciples  
as heralds and witnesses  
of justice and peace,  
enlightened with the flame of faith  
and inspired by the life you give to the world.

Call us in hope to the glory of heaven,  
where, with all who praise your name  
whose records bear witness,  
and whose art is their prayer,  
we praise you,  
many members,  
one body,  
in Jesus Christ our Lord;  
through whom, and with whom, and in whom,  
O God, almighty Father  
in the unity of the Holy Spirit  
all glory and honour is yours  
for ever and ever. **Amen.**

## THE COMMUNION RITE

### The Lord's Prayer

Let us pray with confidence to the Father  
in the words our Saviour against us:

**Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done, on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins,  
as we forgive those who sin against us.  
Save us from the time of trial  
and deliver us from evil.**

Deliver us, Lord, we pray, from every evil,  
graciously grant peace in our days,  
that, by the help of your mercy,  
we may be always free from sin and safe from all distress,  
as we await the blessed hope  
and the coming of our Saviour, Jesus Christ.

**For the kingdom, the power, and the glory are yours,  
now and for ever. Amen.**

### The Breaking of the Bread

*The celebrant breaks the bread, saying –*

We break this bread to share in the body of Christ.  
We who are many are one body,  
**for we all share in the one bread.**

*While the bread is broken Agnus Dei is sung –*

**Lamb of God, you take away the sins of the world, have mercy on us.  
Lamb of God, you take away the sins of the world, have mercy on us.  
Lamb of God, you take away the sins of the world, grant us peace.**

### Act of Spiritual Communion

*St Alphonsus Liguori*

My Jesus, I believe that you are present in the most Blessed Sacrament. I love You above all things and I desire to receive You into my soul. Since I cannot now receive You sacramentally, come spiritually into my heart. I embrace You as if You were already there, and unite myself wholly to You. Never permit me to be separated from You. Amen.

### Music for Reflection

*From Psalm 47, by John Smith (1712-1795)*

O all ye people, clap your hands,  
And with triumphant voices sing;  
No force the mighty pow'r with-stands  
Of God, the universal King.

He shall opposing nations quell,  
And with success our battles fight;  
Shall fix the place where we must dwell,  
The pride of Jacob, his delight.

God is gone up, our Lord and King,  
With shouts of joy and trumpet's sound;  
To him repeated praises sing,  
And let the cheerful song go round.

### **Communion Antiphon**

Jn 17.22

Father, I pray that they may be one as we also are one, alleluia.

### **Prayer after Communion**

Eternal God,  
may we who share Christ's banquet  
be one with him as he is one with you.  
We ask this in the name of Jesus Christ,  
the risen and ascended Lord. **Amen.**

### **Postcommunion Hymn**

<https://www.youtube.com/watch?v=dX0VK-bnRvo>

**The head that once was crowned with thorns  
is crowned with glory now;  
a royal diadem adorns  
the mighty Victor's brow.**

**The highest place that heaven affords  
is his, is his by right,  
the King of kings and Lord of lords,  
and heaven's eternal Light:**

**The joy of all who dwell above,  
the joy of all below,  
to whom he manifests his love,  
and grants his name to know.**

**To them the cross, with all its shame,  
with all its grace, is given;  
their name an everlasting name,  
their joy the joy of heaven.**

**They suffer with the Lord below,  
they reign with him above;  
their profit and their joy to know  
the mystery of his love.**

**The cross he bore is life and health,  
though shame and death to him;  
his people's hope, his people's wealth,  
their everlasting theme.**

## THE CONCLUDING RITES

### Blessing and Dismissal

Christ our exalted king  
pour upon you his abundant gifts  
and bring you to reign with him in glory;  
and the blessing of God almighty,  
the Father, the Son, ✠ and the Holy Spirit,  
be among you and remain with you always. **Amen.**

Go in peace to love and serve the Lord.

**In the name of Christ. Amen.**

### Regina Coeli

*At the Shrine of Our Lady*

**Joy to thee, O Queen of heaven, alleluia!  
He whom thou was meet to bear, alleluia!  
As he promised hath arisen, alleluia!  
Pour for us to God thy prayer, alleluia!**

Rejoice and be glad, O Virgin Mary, alleluia.  
**For the Lord has truly risen, alleluia.**

Let us pray.

O God,  
Who gave joy to the world  
through the resurrection of your Son, our Lord Jesus Christ,  
grant we pray, that with his mother, the Virgin Mary,  
we may obtain the joys of everlasting life.  
Through the same Christ our Lord. **Amen.**