24th May 20120

ASCENSION SUNDAY
Kept as Feast of the Ascension

Word of Life” mural by Millard Sheets 1964

Lord, you are grace for our needs,
strength for our weakness,
light for our blindness, Word for our deafness,
love for our loneliness, joy for our weariness,
peace for our anxiousness, wonder for our dullness,
saviour for our hopelessness.
Lord you are grace for our needs.
Amen.

COLLECT
Grant, we pray, almighty God, that as we believe your only-
begotten Son, our Lord Jesus Christ, to have ascended into
the heavens, so we in heart and mind may also
there ascend and with him continually dwell; through the same
Jesus Christ your Son our Lord.

In the first book, Theophilus, I wrote about all that Jesus
did and taught from the beginning until the day when he was
taken up to heaven, after giving instructions through the
Holy Spirit to the apostles whom he had chosen. After his
suffering he presented himself alive to them by many
convincing proofs, appearing to them during forty days and
speaking about the kingdom of God. While staying with them,
he ordered them not to leave Jerusalem, but to wait
there for the promise of the Father. "This," he said, "is what
you have heard from me; for John baptized with water, but
you will be baptized with the Holy Spirit not many days
from now."

So when they 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 toward heaven, suddenly two men in white
robes stood by them. They said, "Men of Galilee, why do
you stand looking up toward 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."

SECOND READING: Ephesians 1:15 - 23
I have heard of your faith in the Lord Jesus and your love
toward all the saints, and for this reason I do not cease to
give thanks for you as I remember you in my prayers. I pray
that the God of our Lord Jesus Christ, the Father of glory,
may give you a spirit of wisdom and revelation as you come
to know him, so that, with the eyes of your heart enlightened,
you may know what is the hope to which he has called you,
what are the riches of his glorious inheritance among the
saints, and what is the immeasurable greatness of his power
for us who believe, according to the working of his great
power. God put this power to work in Christ when he raised
him from the dead and seated him at his right hand in the
heavenly places, far above all rule and authority and power
and dominion, and above every name that is named, not only
in this age but also in the age to come. And he has put all
things under his feet and has made him the head over all
things for the church, which is his body, the fullness of him
who fills all in all.

Then he said to them, "These are my words that I spoke to
you while I was still with you--that everything written about
me in the law of Moses, the prophets, and the psalms must
be fulfilled." Then he opened their minds to understand the
scriptures, and he said to them, "Thus it is written, that the
Messiah is to suffer and to rise from the dead on the third
day, and that repentance and forgiveness of sins is to be
proclaimed in his name to all nations, beginning from
Jerusalem. You are witnesses of these things. And see, I am
sending upon you what my Father promised; so stay here in
the city until you have been clothed with power from on
high."

Then he led them out as far as Bethany, and, lifting up his
hands, he blessed them. While he was blessing them, he
withdrew from them and was carried up into heaven. And
they worshipped him, and returned to Jerusalem with great
joy; and they were continually in the temple blessing God.

POST COMMUNION PRAYER
God our Father, you have raised our humanity in Christ:
mercifully grant that, as you nourish us with such
spiritual blessings, we may set our hearts in the heavenly
places; through Jesus Christ our Lord. Amen.