A Way to Pentecost: Ascension Sunday

**Reading: from Mark 16: 15-20**  
Jesus said to them  
‘Go into all the world and proclaim the good news to the whole creation.   
So then the Lord Jesus, after he had spoken to them,  
was taken up into heaven and sat down at the right hand of God.  
And they went out and proclaimed the good news everywhere,  
while the Lord worked with them and confirmed the message by the signs that accompanied it.

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**Wondering**  
What does eternal life mean to me? How does the promise of it influence how I live? How do I try to share that promise with others?

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**Contemplating**  
Read through the Reading slowly and make a note of any words or phrases that stand out for you. You may wish to find the whole reading in a Bible or Weekday Missal. Why do those words speak to you particularly at this time?

***or***

John's Gospel is rich and multi-layered - and sometimes difficult to understand. Take a few moments to build up the scene of Jesus speaking to his disciples - and try to take yourself into it. Think about what you might see - hear - smell or touch. Hear Jesus say the words directly to you - perhaps looking into your eyes. What do the words mean to you now?

**Reflecting**  
Eternal life is what we are promised at our Baptism. In our day-to-day lives, it is easy to forget our destiny. In times of change, we can also lose sight of our ultimate goal - to focus solely on the here-and-now. How can we retain a sense of vision - seeing beyond what may seem confusing or problematic? How can we help others to set things in a greater context - the context of our promise of eternal life?   
Pray for your own community and its sense of vision.  
Pray for an increased awareness of your eternal destiny and that of others.

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**Praying**

Come, Holy Spirit,  
and renew our vision;  
remind us of the great promise made to us in Baptism:  
the promise of eternal life.  
Help us to see all that comes to us in this life  
as preparation for the next.

**From the Sequence for Pentecost**  
Thou, of all consolers best,   
Thou, the soul's delightful Guest,   
Dost refreshing peace bestow.

Our Father... Hail Mary... Glory be

**Action Point from the writing of Pope Francis**

Jesus’ whole life, his way of dealing with the poor, his actions, his integrity, his simple daily acts of generosity, and finally his complete self-giving, is precious and reveals the mystery of his divine life.  
*(Evangelii Gaudium, 265)*

* What “simple daily act of generosity” might you perform today?