

The Ascension



Alleluia Christ is risen

He is Risen indeed! Alleluia!!

An Act of Spiritual Communion

The following act of spiritual communion is made available while we cannot worship in church. The church has from earliest times used the term 'Spiritual Communion' to describe the means of grace by which a person, prevented for some serious reason from sharing in a celebration of the Eucharist, nonetheless shares in the communion of Jesus Christ.

Remember always, that we are never truly alone.

Not only is God present with us, and in the prayer and worship we offer, even when physically alone, the saints and angels are present spiritually with us.

The Eucharist will be celebrated at 10am on Sunday.

Joining in this short service will also unite us all spiritually within this celebration.

First settle yourself quietly without distractions. Turn the phone and TV off. You might want to play quiet, reflective music in the background. You may want to light a candle as a focus. You could even set up a 'prayer corner' with religious images, statues, or candles. Be still and know that God is with you.

Opening Hymn [click here](#)

Welcome [words of welcome](#)

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

Now call to mind your sins and make this act of contrition:

Lord Jesus Christ, Son of the living God, have mercy on me, a sinner.

Ask God for his forgiveness:

**May the Lord in all his mercy,
grant me forgiveness of my sins,
deliver me from evil,
and bring me to the joy of eternal life.
Amen.**

At this point read the Opening Prayer (Collect) for the day:

**O God the King of glory,
you have exalted your only Son Jesus Christ
with great triumph to your kingdom in heaven:
we beseech you, leave us not comfortless,
but send your Holy Spirit to strengthen us
and exalt us to the place where our Saviour
Christ is gone before,
who is alive and reigns with you,
in the unity of the Holy Spirit, one God, now and for ever. Amen.**

First reading [Adele reads here](#)

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.

Now read the Gospel

John 17:1-11

Hear the gospel of our Lord Jesus Christ according to John.

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.”

This is the Gospel of the Lord Alleluia!

Praise to you O Christ. Alleluia!

Homily [Click here](#)

Hymn [Thy Kingdom Come \(2018\)](#)

The Apostles' Creed:

I believe in God, the Father almighty,
creator of heaven and earth.
I believe in Jesus Christ, his 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 again;
he ascended into heaven,
he is seated at the right hand of the Father,
and 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 Intercession: [Join Lynne here](#)

Let us pray for the church and for the World and let us thank God for his goodness.
Almighty God, may our prayers ascend to you just as Jesus Christ, your son, was taken up to heaven. As we celebrate the Ascension of Our Lord Jesus let it inspire in us feelings of joy and hope rather than fear and separation as we await the coming of the Holy Spirit....
Lord, in your Mercy: **Hear our Prayer**

Everlasting God we pray for the Church worldwide and for the global prayer outreach of and resources of thy Kingdom Come. We pray for all Church Leaders, for Fr Matthew and the lay team who serve this Parish in many ways – keeping us connected during the lock-down, contributing to our on-line services, maintaining finances, and providing support via our food and hygiene collections. May the Lord bless and guide them in their work as we move forward together to live the Gospel ..
Lord, in your Mercy: **Hear our Prayer**

Creator God, we pray for our troubled world its peoples and their leaders. We pray for those still caught up in war, violence, and hatred; especially the innocent victims of such evil. May peace abound and righteousness flourish to banish injustice ..
Lord in your mercy, **hear our prayer**

Merciful God, we pray for the many people who have contracted the coronavirus in the UK and across the world. Bring comfort to those grieving loved ones who have died and peace to those worried, fearful and uncertain as the virus continues. We give joyful thanks for those who have returned home from hospital and are on the road to recovery...

Lord in your mercy; **hear our prayer**

We pray for governments and authorities in developing strategies to contain and deal with the Covid-19 pandemic, and for those in the numerous essential services who may be risking their own lives to care and support the sick. We think especially this week of those maintaining services in hard-pressed care homes.

In this mental health awareness week, we think especially of all those suffering anxiety, depression and other mental ill health, and for the charities who are working tirelessly to support them. We pray for those facing stress and uncertain futures in the job market. We pray for all suffering domestic abuse – financial, physical and emotional - which may be exacerbated by the lock-down restrictions. We give thanks for the charities working to help them and provide refuge. ..Lord, in your Mercy: **Hear our Prayer**

Father God, we pray for all the people that we encounter in our daily lives, especially through the internet and social media in these difficult times. Help us to recognise the risen Christ in one another however stressed and tired we may all be. We ask that you help us to recognise the risen Christ in the face of someone we meet today and give us an opportunity to brighten their day with a smile, a word or a simple act of kindness....

Lord, in your Mercy: **Hear our Prayer**

We pray now for all those known to us individually who are experiencing illness of any kind, especially those who are alone in their suffering... ..

Lord, in your Mercy: **Hear our Prayer**

Merciful God, we pray for all who have died; especially those who have encouraged us in our faith by their example. As we pray for them, may we stay true to our faith and pass on the same example to others.

We bring before you now the names of all who have recently died, or whose anniversaries fall at this time.....

Lord, in your Mercy: **Hear our Prayer**

Faithful God, as we go through the coming week, make us mindful that we should constantly pray for your world and your people, just as Jesus, your son, prayed for his disciple before ascending to you.

Merciful father,

accept these prayers for the sake of your son, our saviour, Jesus Christ, Amen.

The Eucharistic Prayer: [Click here to view](#)

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 thanks and praise

It is indeed right, our duty and our joy,
always and everywhere to give you thanks,
holy Father, almighty and eternal God,
through Jesus Christ our Lord.
For he is our great high priest
who has entered once for all
into the heavenly sanctuary,
evermore to pour upon your Church
the grace and comfort of your Holy Spirit.
He is the one who has gone before us,
who calls us to be united in prayer
as were his disciples in the upper room
while they awaited his promised gift,
the life-giving Spirit of Pentecost.
Therefore all creation yearns with eager longing
as angels and archangels sing the endless hymn of praise:

**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.**

We praise and bless you, loving Father,
through Jesus Christ, our Lord;
and as we obey his command,
send your Holy Spirit,
that broken bread and wine outpoured
may be for us the body and blood of your dear Son.
On the night before he died he had supper with his friends
and, taking bread, he praised you.
He broke the bread, gave it to them and said:
Take, eat; this is my body which is given for you;
do this in remembrance of me.
When supper was ended he took the cup of wine.
Again he praised you, gave it to them and said:
Drink this, all of you;
this is my blood of the new covenant,
which is shed for you and for many for the forgiveness of sins.
Do this, as often as you drink it, in remembrance of me.
So, Father, we remember all that Jesus did,
in him we plead with confidence his sacrifice
made once for all upon the cross.
Bringing before you the bread of life and cup of salvation,
we proclaim his death and resurrection
until he comes in glory.

Jesus Christ is Lord:

**Lord, by your cross and resurrection
you have set us free.**

You are the Saviour of the world.

Lord of all life,

help us to work together for that day

when your kingdom comes

and justice and mercy will be seen in all the earth.

Look with favour on your people,

gather us in your loving arms

and bring us with Mary, Peter, Paul and all the saints

to feast at your table in heaven.

Through Christ, and with Christ, and in Christ,

in the unity of the Holy Spirit,

all honour and glory are yours, O loving Father,

for ever and ever.

Amen.

The Lord's Prayer

Our Father, who art in heaven

hallowed be thy name;

thy kingdom come.

Thy will be done on earth, as it is in heaven.

Give us this day our daily bread,

and forgive us our trespasses,

as we forgive those who trespass against us,

and lead us not into temptation,

but deliver us from evil.

For thine is the Kingdom,

the power and the glory

for ever and. Amen

Now make your spiritual communion.

Imagine that you are receiving the Host:

Lord, I am not worthy to receive you,

but only say the word and I shall be healed.

My Jesus, I believe that you

are present in the Most Holy Sacrament.

I love you above all things,

and I desire to receive you into my soul.

Since I cannot at this moment receive you sacramentally,

come at least 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.

Post Communion Prayer

Eternal God, giver of love and power,
your Son Jesus Christ has sent us into all the world
to preach the gospel of his kingdom:
confirm us in this mission,
and help us to live the good news we proclaim;
through Jesus Christ our Lord. Amen.

Hymn [click here](#)

The Blessing: [here](#)

Christ our ascended King
pour upon you the abundance of his gifts
and bring you to reign with him in glory;
and the blessing ...

Go in peace to love and serve the Lord. **Alleluia!! Alleluia!!**
In the name of Christ, Amen. Alleluia!! Alleluia!!

Thy Kingdom Come resources:

Light up the world <https://www.thykingdomcome.global/lightuptheworld>

Digital family adventure prayer map:

<https://www.thykingdomcome.global/resources/digital-family-prayer-adventure-map>

If you download the app this becomes augmented reality!

This years prayer journal and novena

<https://www.thykingdomcome.global/resources/key-resources-2020>

And the Thy Kingdom Come App is available from Googleplay and Appstore