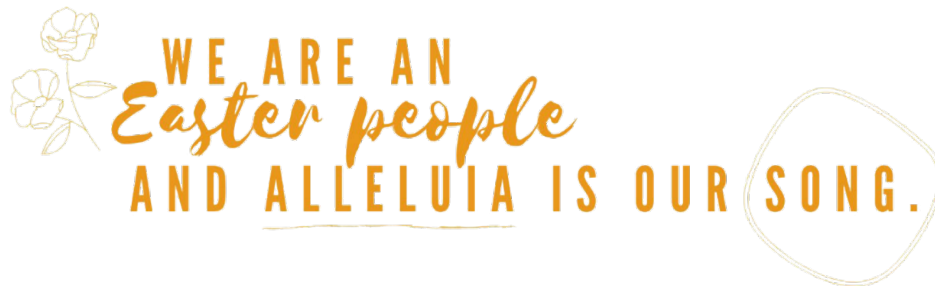




## ASCENSION SUNDAY

PRAYER AT HOME RESOURCE



He mihi Aranga kia whakapaingia ki ā koutou, Areruia!

A blessed Eastertide to you all ALLELUIA!

Our liturgy begins with a blessing of Light – if you have a special home candle for Easter please use it or use a new candle. This is followed by two readings from scripture, a reflection, a Seder Table Ritual, Intercessions and the Our Father.

Hymn options are in **blue** with a YouTube link beside. To access, hover over the link, right click and choose 'Open link in a new tab'. In this way you will still be able to see the main text page whilst listening to the hymn.

The text in **red** are instruction not to be read out loud.

### Gathering Song

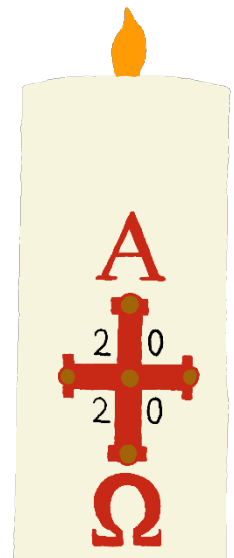
**'All that is Hidden' (Farrell)**

<https://www.youtube.com/watch?v=-3hkmFu1JCM>

If you would follow me, follow where life will lead:  
do not look for me among the dead,  
for I am hidden in pain, risen in love;  
there is no harvest without sowing of grain.

*All that is hidden will be made clear.  
All that is dark now will be revealed.  
What you have heard in the dark proclaim in the light;  
what you hear in whispers proclaim from the housetops.*

If you would honour me, honour the least of these:  
you will not find me dressed in finery.  
My Word cries out to be heard; breaks through the world;  
my Word is on your lips and lives in your heart.



If you would speak of me, live all your life in me:  
my ways are not the ways that you would choose;  
my thoughts are far beyond yours, as heaven from earth;  
if you believe in me my voice will be heard.

If you would rise with me, rise through your destiny:  
do not refuse the death which brings you life,  
for as the grain in the earth must die for rebirth,  
so I have planted your life deep within mine.

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## A Blessing of Light

The Leader lights the candle and says this prayer.

### Leader

Let us pray  
Blessed are you, Lord, God of light, Creator of the  
Universe.  
Gather us near to you on this holy day.  
May the warmth and light of this flame remind us of  
your love and presence,  
God with us, through the Risen Christ.  
Amen.

## He Whakapaingia o te Rama

### Kaiārahi

Me ĩnoi tatou  
Whakapaingia i ā koe, e te Atua, Matua o te rama,  
te Kaihanga o te Ao.  
Whakahuihui i a tātou tatangia ki a koe ki runga i  
tēnei rā tapu.  
Me kore te mahanatanga me te rama o tēnei mura,  
me whakamahara i a tātou te aroha me te aroaro.  
Ko te Matua ki ā mātou mā te Aranga ake o te  
Karaiti.  
Amine

## Glory to God (Tony Alonso)

[https://www.youtube.com/watch?v=vnmNz-gsFsM&list=RDvnmNz-gsFsM&start\\_radio=1&t=26](https://www.youtube.com/watch?v=vnmNz-gsFsM&list=RDvnmNz-gsFsM&start_radio=1&t=26)

*Refrain:* Glory to God in the highest, and earth peace to people, people of good will.

The Leader passes the candle to the Reader.



## Acts of the Apostles

In the first book, Theophilus,  
I dealt with all that Jesus did and taught  
until the day he was taken up,  
after giving instructions through the Holy Spirit  
to the apostles whom he had chosen.  
He presented himself alive to them  
by many proofs after he had suffered,  
appearing to them during forty days  
and speaking about the kingdom of God.  
While meeting with the them,  
he enjoined them not to depart from Jerusalem,  
but to wait for “the promise of the Father  
about which you have heard me speak;  
for John baptized with water,  
but in a few days you will be baptized with the Holy Spirit.”

When they had gathered together they asked him,  
“Lord, are you at this time going to restore the  
kingdom to Israel?”  
He answered them, “It is not for you to know the  
times or seasons  
that the Father has established by his own authority.  
But you will receive power when the Holy Spirit  
comes upon you,  
and you will be my witnesses in Jerusalem,  
throughout Judea and Samaria,  
and to the ends of the earth.”  
When he had said this, as they were looking on,  
he was lifted up, and a cloud took him from their  
sight.  
While they were looking intently at the sky as he was  
going,  
suddenly two men dressed in white garments stood  
beside them.  
They said, “Men of Galilee,  
why are you standing there looking at the sky?  
This Jesus who has been taken up from you into  
heaven  
will return in the same way as you have seen him  
going into heaven.”

## Ngā Mahi a Ngā Āpōtoro

Tō mua pukapuka, he mea hanga nāku, e Teopira,  
mō ngā mea katoa i tīmata ai a Hēhu te mahi, te ako.  
Tae noa ki te rā i whakatakoto tikanga ai ia i runga i  
te Wairua Tapu ki ngā Āpōtoro i whirwhiria e ia, ā,  
tangohia ake ana ia. He maha anō ngā tohu i  
whakakite ora ai ia i ā ia ki a rātou i muri i tōna  
matenga, i ā ia hoki e kitea ana e rātou i roto i ngā rā  
e whā tekau, e kōrero ana i ngā mea o te  
rangatiratanga o te Atua. Ā, ka kai tahi ia me rātou,  
ka ako ia ki a rātou kia kua rātou e haere atu i  
Hiruharama, ēngari kia tāria te mea i meingatia i mua  
e te Matua i rongo rā koutou ki tōna māngai. I iriiri  
hoki a Hoane ki te wai, ko koutou ia, ekore e maha  
ake ngā rā ka iriiria ki te Wairua Tapu. Ā, ka huihui  
mai rātou, ka ui ki ā ia: E te Ariki, ko te wā ianei tēnei  
e whakahoki ai koe i te rangatiratanga ki a Ihairaira?  
Na, ka mea ia ki a rātou: Ekore e āhei kia mōhio  
koutou ki ngā rā ki ngā haora. Kua waiho e te Matua  
māna ake te tikanga. Ēngari ka whiwhi koutou ki te  
kaha o te Wairua Tapu, meake haere mai ki runga i a  
koutou. Ā, hei kaiwhakaatu koutou mōku ki  
Hiruharama, ki Huria katoa, ki Hamāria hoki ā puta  
noa ki te wāhi whakamutunga o te whenua. Ā, ka  
mutu tāna kōrero i ēnei mea, i a rātou anō e titiro  
ana, ka tangohia atu ia ki runga, ā, nā tētahi kapua ia  
i whakangaro atu i ō rātou kanohi. Ā, i a rātou e titiro  
matatau atu ana ki ā ia, i ā ia e haere ana ki te rangi,  
na, tokorua ngā tāngata e tū ana i tōu rātou taha, he  
mā ngā kākahu. Ā, i mea mai rāua: E ngā tāngata o  
Karirea, he aha tā koutou e tū na? E titiro atu na ki  
te rangi? Ko tēnā Hēhu kua tangohia atu na i a  
koutou ki te rangi, ka pērā anō tōna haerenga mai me  
tōna haerenga atu ki te rangi i kite na koutou.



## Psalm 47

'God mounts his throne' (Haugen)

<https://www.youtube.com/watch?v=KLUo4gXd0T4>

*Refrain:* God mounts his throne to shouts of joy. O  
sing your praises to the Lord.

*Marty Haugen 1983 GIA Publications All Rights  
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## Haami 47

**Kua kake atu te Atua i roto i te hāmama, i roto i  
te tangi o te tētere.**

Päkia ö koutou ringa, e ngä iwi katoa,  
hāmama ki te Atua, kia hari te reo.  
Nö te mea he wehi te Ariki,  
te Runga Rawa he kingi nui nö te whenua katoa.

Kua kake atu te Atua i roto i te hāmama,  
te Ariki i roto i te tangi o te tētere.  
Hīmene ki te Atua,  
hīmene atu ki to tätou Kīngi, hīmene atu

Ko te Atua hoki te Kīngi o te whenua katoa,  
hīmene atu i runga i te möhio:  
Ko te Atua te Kīngi o ngä tauwiwi.  
E noho ana te Atua i runga i te toröna o töna tapu.

## Matthew 28.16-20

The eleven disciples went to Galilee,  
to the mountain to which Jesus had ordered them.  
When they saw him, they worshiped, but they  
doubted.

Then Jesus approached and said to them,  
"All power in heaven and on earth has been given to  
me.

Go, therefore, and make disciples of all nations,  
baptizing them in the name of the Father,  
and of the Son, and of the Holy Spirit,  
teaching them to observe all that I have commanded  
you.

And behold, I am with you always, until the end of the  
age."

## Matiu 28.16-20

Na ka haere ngä akonga kotahi tekau mä tahi ki  
Karirea, ki te maunga, ki te wähi i whakaritea e Hēhu  
ki a rätou. Ä, to rätou kitenga i ä ia, ka koropiko ki ä  
ia, ko étahi ia i pöhēhē ki ä ia. Na, ka whakatata mai  
a Hēhu , ka kōrero ki a rätou, ka mea: Kua homai  
katoa ki a au te mana i te rangi i te whenua. Na,  
haere koutou, whakaakona ngä iwi katoa, iriiria rätou  
ki te ingoa o te Matua me te Tamaiti me te Wairua  
Tapu. Akona rätou kia whakaritea ngä mea katoa i  
whakahaua e ahau ki a koutou. Ä, tēnei ahau kei a  
koutou i ngä rä katoa, tae noa ki te mutunga o te ao.

## Thought for today

Five years ago this month, Pope Francis launched his ground breaking encyclical "Laudato Si' – On Care for our Common Home." As the world emerges from the COVID-19 pandemic, the message of Laudato Si', that all of life is interconnected, is a timely reminder of the need for coordinated action to overcome interrelated environmental, economic and social crises.

Laudato Si' Week ends today on Sunday, 24 May. All people are invited to pray the Common Prayer for the 5th Anniversary of Laudato Si' at noon in their respective local time in a wave of global solidarity. For the prayer and other information go to the special website - <https://laudatosiweek.org/>



## Prayers

Pray together or take a prayer each

For the Church – that all Christian churches will strive towards unity, actively seeking ways to tell stories, pray and serve together as one body.

**All: E te Ariki whakarongo mai rā ki ā mātou /Lord hear us**

For the people who govern and direct the world's financial systems – that their hearts may be enlightened, and they use wisely the power they have to bring health and healing to the poorest of the world's peoples.

**All: E te Ariki whakarongo mai rā ki ā mātou /Lord hear us**

For poor nations without adequate health systems – that their governments recognise the importance of providing good health care for all their citizens and that they are supported by wealthy countries.

**All: E te Ariki whakarongo mai rā ki ā mātou /Lord hear us**

For teachers in Catholic Schools – that they understand their role as disciples and story-tellers, forming children in their care to love God, to know they are loved by God, and to try to be guided by Jesus.

**All: E te Ariki whakarongo mai rā ki ā mātou /Lord hear us**

For grandparents and parents – that through their conscious attentiveness and rich story-telling to children, they stir in them a sense of wonder that leads to inspiration, affirmation, delight, understanding and faith.

**All: E te Ariki whakarongo mai rā ki ā mātou /Lord hear us**

Please add your own prayers

## The Lord's Prayer

Everyone prays this together

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

Kua akona nei tātou e tō tātou Ariki,  
ka inoi tatou

E tō mātou Matua i te rangi  
Kia tapu tōu Ingoa.  
Kia tae mai tōu rangatiratanga.  
Kia meatia tāu e pai ai  
ki runga ki te whenua,  
kia rite anō ki tō te rangi.  
Hōmai ki a mātou āiane  
he taro mā mātou mō tēnei rā.  
Murua ō mātou hara,  
Me mātou hoki e muru nei  
i ō te hunga e hara ana ki a mātou.  
Āua hoki mātou e kawea kia whakawaia;  
Engari whakaorangia mātou i te kino:  
Nōu hoki te rangatiratanga, te kaha,  
me te korōria,  
Āke ake ake. Āmine.

**E tō mātou Matua (sung Our Father with words)**

[https://www.youtube.com/watch?v=QlyK7c\\_Az8g](https://www.youtube.com/watch?v=QlyK7c_Az8g)



## A Seder Table Blessing

If you wish, follow the ancient Jewish tradition of the Table Seder. Place the lit candle with the bread and cups of wine/juice on the table. Read the Prayer together or read a verse each.

### Table Song: 'Remain in Me' (Angrisano & Stephan)

<https://www.youtube.com/watch?v=eQOgb7x9KHg>

Remain in me, I am the vine.  
Remain in me; you shall have life.  
You are the branches, bear fruit for all to see.  
I am the vine, remain in me.

No branch can live without the tree  
nor grow or serve apart from me.  
This I have told you that you may see  
my love in you, your joy complete.

No longer slaves, I call you friends.  
I shall be with you to the end.  
Keep my commandments; I dwell in you.  
So, now bear witness to the truth.

As I have done so you should do,  
So as to love as I love you.  
For in your witness, my love is shown,  
in simple ways, my heart made known.

As I died, so too shall you die.  
As I rose, so too shall you rise.  
Do not be troubled, your eyes have seen.  
You trust in God, have trust in me.

I am the way, the truth, the life.  
I am your living sacrifice.  
I offer freely my life for you.  
Go now and do what I would do.

*Angrisano & Stephan © 2013 OCP Publications All Rights Reserved A-625975 One License*



### 1st Century Prayer for household gatherings of Christians:

We give thanks to you, our Father,  
For the life and knowledge which you have made  
known to us.  
Through Jesus, your servant, to you be glory  
forever.

For as this broken loaf was once scattered over the  
mountains and then was gathered in and became  
one, so may our church be gathered together into  
your kingdom from the very ends of the earth.  
Yours is the glory and the power through Jesus  
Christ forever.

Me whakapaingia e mātou ki a koe e te Matua,  
Mo te oranga me te mātauranga mou kia mōhiotia  
ai i a mātou.  
Mā to mātou Ariki, to pononga, ki a koe te  
kōroriatanga mo ake, ake.

Mo tēnei paraoa pakaru i marara ki runga i ngā  
maungā ā i kohikohi ana ki roto, kātahi te  
kōtahitanga, ka taea to tātou hāhi e whakakōtahi i ā  
tātou ki roto i tō rangatiratanga mai i ngā taha  
mutunga o te ao.  
Nou hoki te kōroriatanga me te kaha mā Hehu  
Karaiti to mātou Ariki mo ake, ake, ake.

Break the loaf into pieces and pass so each may take a piece to eat.

### Take the cup of wine/juice saying;

We give thanks to you, our Father,  
For the holy vine of David, your servant, which you  
have made known to us.  
Through Jesus, your servant, to you be glory  
forever  
Amen!

Me whakapaingia i ā mātou ki a koe, to mātou  
Matua,  
Mo te karepe o Rāwiri, to pononga, i whakamōhiotia  
i a ia i ā mātou.  
Mā to mātou Ariki, to pononga, ki a koe te  
kōroriatanga mo ake, ake. Amene.

Pass the wine/juice so each may drink of the one cup.

### Prayer of thanksgiving

We give thanks, O Holy Eternal One,  
for your holy name and Spirit which you have made  
to dwell in our hearts,  
and for the knowledge and faith and life which you  
have made known to us.  
Through Jesus, your servant, to you be glory  
forever.

Me whakapaingia e mātou e te Tapu Kotahi te Tika,  
Mo tou ingoa tapu me te wairua i uru atu ki ōu  
mātou ngākau,  
Me te mātauranga te whakapono me te ora i tae te  
mōhiotia i a mātou.  
Mā to mātou Ariki, to pononga, ki a koe te  
kōroriatanga mo ake, ake.

You are the one who created all beings, you have given food and drink to the human family that there may be joy and thankfulness. But to us, you have given spiritual food and drink, and life eternal through your servant Jesus. Above all things we give thanks to you because you are love: to you be glory forever.

Mou i hangaia i a mātou, i hōmai e koe i a mātou to whanau tāngata ngā kai, me ngā inu ā ka harikoa me mauruuru mātou. Ēngari ki ā mātou, nau i hōmaitia e ngā kai, ngā inu wairua, me te oranga tonutanga mā to mātou Ariki mā Hehu Karaiti. Kei runga noa ngā mea katoa ā ka hoatu ki ā koe te whakapaingia natemea ko koe te aroha, ki a koe te kōroriatanga mo ake, ake.



Remember, Lord, your church, deliver her from evil, make her complete in your love and gather her from the four winds into your kingdom which you have prepared for her. For yours is the power and the glory forever. Amen.

E te Matua maumaharatia e tou hāhi, tukua ia i te kino, whakaotingia ia i roto i tou aroha me kohikohi ia i ngā hau e whā i roto i tou rangatiratanga i whakaritea mōna. Mā tou kaha me te kōroriatanga mo ake, ake.  
Amene.

## Sending Forth

Loving God,  
You created heaven and earth and all that is in them  
Open our minds and touch our hearts  
So that we may attend to your gift of creation.  
Help us to show creative solidarity  
in addressing the consequences of the global pandemic.  
Make us courageous to embrace the changes that are needed  
in search of the common good.  
Enable us to listen and respond to the cry of the earth  
and the cry of the poor. Amen

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

*Ki te ingoa o te Matua, o te Tamaiti o te Wairua Tapu. Amene*

### “And Jesus Said’ (Murray & Alonso)

[https://www.youtube.com/watch?v=jV4oFk0M\\_Wg](https://www.youtube.com/watch?v=jV4oFk0M_Wg)

And Jesus said: don't be afraid  
I've come to turn your fear to hope,  
I've come to take you through the deep,  
to be your friend until the end,  
and give your troubled heart to sleep.

And Jesus said: don't be afraid  
I know your emptiness and grief,  
I hear your words of unbelief,  
but if you will, I'll heal your soul  
and give your doubting heart relief.

And Jesus said: don't be afraid  
I am the Way, I am the Light,  
I am the Truth that holds you tight,  
and in God's home you have a room,  
a place of welcome and delight.

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*Music: Tony Alonso © 2017 GIA Publications All Rights Reserved A-625975 One License*

