

Here's a text if you've only a minute ...

Lord, my heart has prompted me to seek your face.
I seek it, Lord; do not hide from me.

Entrance Antiphon

'Father ... I pray for those you have given me,
because they belong to you.'

Gospel

This is the prayer of Jesus: that his believers may become one as he
is one with the Father.

Communion Antiphon

Eternal Father,
reaching from end to end of the universe,
and ordering all things with your mighty arm:
for you, time is the unfolding of truth that already is,
the unveiling of beauty that is yet to be.
Your Son has saved us in history by rising from the dead,
so that transcending time he might free us from death.
May his presence among us lead to the vision of unlimited truth
and unfold the beauty of your love.

Old Opening Prayer

This week's texts if you want to explore further:
Acts 1: 12–14; Psalm 26 (27); 1 Peter 4: 13–16; John 17: 1–11



All joined in
continuous
prayer

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ST BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM



Seventh Sunday of Easter
Year A, 21st May 2023

'Father ... I have given them
the teachings you gave me'

As this joyous season of Easter draws to a close, we are reminded
that eternal life is to know the Father and Christ, and the intimate
relationship they share. The glory belonging to Jesus and to the
Father will be offered to all who believe.

The **First Reading** follows on immediately from the Ascension. Mary,
the disciples, and Jesus's extended family gather in the upper room,
praying continuously as they await the coming of the Holy Spirit.

The **Gospel** also takes us to a special upper room (perhaps the same
one) where the Last Supper was shared. Here, Jesus prays that the
disciples will be consecrated in the truth. Jesus has given them the
teaching the Father gave to him, and his task now is to make known
the name of the Father. Jesus prays for the gift of eternal life: to
know the Father as the one true God, and the Son as the one who
has been sent.

The **Psalms** exudes trust and confidence in the God of the living. It
invites us to seek the Lord's face.

In the **Second Reading**, Peter encourages the community as they
endure challenges and hard times. He assures them of a special
blessing if they live the values of Christ.

This week, we ask God to help us to be people of
continuous prayer, and for a deepening trust in his loving
care. We pray for peace for all those with troubled hearts,
and for all places where there is war and violence.



Opening Prayer

Graciously hear our supplications, O Lord,
so that we, who believe that the Saviour of the human race
is with you in your glory,
may experience, as he promised, until the end of the world,
his abiding presence among us.

First Reading Acts of the Apostles 1: 12–14

After Jesus was taken up into heaven, the apostles went back from the Mount of Olives, as it is called, to Jerusalem, a short distance away, no more than a sabbath walk; and when they reached the city they went to the upper room where they were staying; there were Peter and John, James and Andrew, Philip and Thomas, Bartholomew and Matthew, James son of Alphaeus and Simon the Zealot, and Jude son of James. All these joined in continuous prayer, together with several women, including Mary the mother of Jesus, and with his brothers.

I go to my place of prayer and come to stillness in the way I know best.
I sit in the presence of God, allowing myself to experience God's loving gaze upon me. I ask the Holy Spirit to help me be fully present.

I do not rush ... for God is in no rush!

In time, I read this short passage reflectively.

I notice what draws me.

Perhaps I use the God-given gift of my imagination to take me to the places mentioned.

I may stand with the disciples at the Mount of Olives, a witness to the ascension of Jesus to heaven.

How does this experience speak to me?

Perhaps I feel a sense of abandonment now that my risen Lord has left this earth ... or do I find myself able to encounter him in a different way?
I speak to Jesus as I would to a dear friend, sharing my thoughts and feelings.

I may want to join Mary and the others in expectant, attentive, prayer in the upper room in Jerusalem. How does it feel to be back in this place without Jesus?

What do I notice about Mary as she prays ... or any of the named disciples?

Perhaps I ask the Lord to help me join in their continuous prayer, as they wait for the gift of the Holy Spirit. Who would I like to bring into this circle of prayer? I take a moment to remember before the Lord all who come to mind.

When I am ready, I slowly end this time with words of thanksgiving.

Gospel John 17: 1–11

Jesus raised his eyes to heaven and said: 'Father, the hour has come: glorify your Son so that your Son may glorify you; and, through the power over all humankind that you have given him, let him give eternal life to all those you have entrusted to him.

And eternal life is this: to know you, the only true God, and Jesus Christ whom you have sent. I have glorified you on earth and finished the work that you gave me to do. Now, Father, it is time for you to glorify me with the glory I had with you before ever the world was.

I have made your name known to the ones you took from the world to give me. They were yours and you gave them to me, and they have kept your word. Now at last they know that all you have given me comes indeed from you; for I have given them the teaching you gave to me, and they have truly accepted this, that I came from you, and have believed that it was you who sent me.

I pray for them; I am not praying for the world but for those you have given me, because they belong to you: all I have is yours and all you have is mine and in them I am glorified. I am not in the world any longer, but they are in the world, and I am coming to you.'

I prepare for my prayer time slowly, bringing to the Lord whatever arises.
I ask the Holy Spirit to help me pray with a listening heart.

When ready, I linger over these words from the 'farewell discourse' of Jesus, letting them resonate within my being. Perhaps I picture Jesus with his disciples in the upper room. What is the mood of the gathering?

I may imagine myself as a beloved disciple, pondering all the things that Jesus has shared with me and taught me during his earthly ministry.
How do I want to share this experience with others now?

I speak to the Lord about this.

I listen to Jesus speaking of 'glory', and of being glorified. What does this mean to me? I ask God to help me share in the wonder of that glory.

I hear Jesus tell me how he prays for all his disciples. Perhaps I ask to be part of that prayer now, and to bring others into that prayer with me.

When I am ready, I end with a slow sign of the cross.

Glory be ...