

# ASCENDING LIFE-CANADA

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May/June 2015- Spiritual Resource Journal

## INVITATION TO JOY

The greyness of winter covers the land and for many people, their spirits resemble the weather.

*When will this darkness end?*

And then.....

### BEAUTIFUL SPRING

*There is always spring in God's Love*

There are many blessings that each new spring brings.

You can see it bloom about and hear the song it sings.

With winter bleakness over and brighter days ahead, comes promised new life,  
Springtime loves to spread.

As God unfolds the flowers and their buds begin to show, He gives to us the assurance graces in our heart will grow. He sends us the robin's song with the promise to provide, a shelter under His mighty wing where in his love we abide. He melts the snowy cover, and sends refreshing rain, sprinkling us with His mercies to heal winter's aches and pain. God's given to all, his Son, to shed upon us a new light, and the real blessings of spring is keeping Jesus in our sight.

Deborah Ann Belka



In the teeth of the cold, tiny snowdrops appear, "from nowhere", under the trees, a prelude to the joy of the awakening of Nature into a new life of warmth. We must hope and believe that as sure as dawn, that all around us there is new life, which warms our hearts and spirit and invites us to recognize a greater "Presence";

"a voice that beacons us to awaken and recognize the hope to which we are called.

*The beauty of the world around us is our mentor and guide, our wonderful teacher!*



The Palmist cries out-

"How clearly the sky reveals God's glory! How plainly it shows what God had done!

Each day announces to the following day. Each night repeats it to the next."

Psalm 18

At this time, Nature awakens in readiness to reveal her beauty.

We too must awaken to receive and savor this treasure!

It offers JOY for what we came to be!

*Our faith offers us "Eternal Newness and Joy", in coming to know the person of Jesus Christ.*

POPE FRANCIS invites us at this moment to a renewed personal encounter with Jesus Christ, or at least, an openness to let Him encounter us.

Let us pray in the words of Pope Francis...

"Lord, I have let myself be deceived, in a thousand ways. I have shunned your love, yet here I am, once more to renew my covenant with you. I need You. Save me once again, Lord, take me once more into your redeeming embrace."



## PENTECOST SUNDAY



The spirit of the Truth will guide you into an intimate relationship between the Father, the Son and the Spirit.

Jesus sends the Holy Spirit on to the disciples as a comforter, teacher, guide.

The Holy Spirit, the Advocate, the Spirit of Truth will testify and witness to Jesus and all that he has done and said while he walked the earth also testifying to all things they have yet to face, namely Jesus' death Resurrection and Ascension.

### GOSPEL

John 15: 26-27;16:12-15

**SPIRITUAL FOCUS:** The Holy Spirit is essential to each and every follower of Jesus with a presence, as teacher, guide and advocate. It is the guidance and inspiration of the Holy Spirit that activates our own witnessing to Jesus, leading us to live, teach and hand on the truth of the faith to others. Without such assurance, we would soon lose our way and not remain in the truth of Jesus.

How do I attune myself to the action and movement of the Holy Spirit in my world; for myself, my family, my community, my work, our Church?

**LIFE FOCUS:** The Holy Spirit is given to all of us who align themselves as disciples of Jesus, not just to a privileged few. Through Baptism, we have been gifted with the Spirit, as our assurance and guide to the truth in the midst of uncertainty and limitations. We need to discern the voice and actions of the Holy Spirit, functioning in the Church, on behalf of the world. We need to pay attention to the "sign of the times" in the light of the Gospel message, so that we can learn where the Spirit is guiding us.

### INVITATION TO GROUP SHARING

How do I continually work on developing a spirituality that is attuned to the action of the Holy Spirit in my life, making me more adept at discerning the witnessing, teaching and guiding work of the Spirit?

How do we, as a community of Jesus's disciples, witness to the great and marvelous deeds that God the father, in the person of Jesus, through the Holy Spirit, continually accomplish in our midst? How can we be enduring witnesses of these marvelous deeds?

### INVITATION TO ACT

Respond to the promptings of the Holy Spirit by writing letters, e-mails and praying for an end to the many injustices evident in our world. Discern other areas of injustice with your faith community and strive to witness the values of Jesus.

*Let us, through the Spirit, witness to, glorify, and continually explore and develop our relationship with Jesus, and thus with God the Father.*

## DEDICATED TO THE SACRED HEART OF JESUS

The ultimate real symbol of God's mercy,  
The highest human expression of divine love, which represents the centre, the source,  
from which salvation for all humanity gushed forth.

Compassion is the love of God for man, it is mercy and the fruit of life, this love is life.  
It is more difficult to let God love us than to love him.

*Let us open our hearts and let Him Love us!*

Pope Francis

### PRAYER

O Jesus, eternal truth, our Life, I call upon You and I beg Your mercy for sinners.

O sweetest Heart of my Lord, full of pity and unfathomable mercy, I plead with You for poor sinners. O Most Sacred Heart, Fount of Mercy from which gush forth rays of inconceivable graces upon the entire human race, I beg of You light for poor sinners.

### GOSPEL: John 19:31-37

The "Lamb of God" sacrificed to take away the sins of the world.

"from the heart of Jesus, the Lamb slain on the cross, flow forgiveness and life for all men" (John 10. 33-34)

### SPIRITUAL FOCUS:

We focus on the flow of water attesting to Jesus' physical death, evoking the cleansing waters of Baptism and the blood of Jesus recalling the Eucharistic cup, realizing that Jesus literally lays down his life, sets down his heart solely because he loves us. How in some small way, can we experience God's love more fully?

### LIFE FOCUS:

Let us remember the humanity of Christ, the Son of God, who after all walked on water, rose from the dead, yet he bled for us. The Solemnity of the Sacred Heart of Jesus reminds us of the Jesus' humanity, and the significance of his sacrifice. He suffered! He felt pain! The mercy of Jesus is a force that gives life, raises man up. His compassion is compassion for those suffering in poverty and anguish.

*Let us approach Jesus, show our inner wounds, seek his compassion and forgiveness!*

### QUESTION FOR CONTEMPLATION AND DISCUSSION

How can we open our hearts and share God's love, in our homes, our neighborhood, our Parish, our world?

### FAITH IN ACTION

Support organizations offering assistance to those in need, at home and in the world, through prayer and contributions.

### THOUGHT FOR THE MONTH

God's will is that all people have God's law written in their hearts.

On Calvary, God's love song to the world, was sung, so listening hearts might hear it to the end of time.

We go to Jesus, who lifts us up so the Father can write on our hearts, not with ink, but with the blood of the Son.

*What do you ask the Father to write on your heart?*

Prayer at 3:00 "The Hour of Mercy"

O Blood and Water, which gushed forth from the Heart of Jesus as a fount of Mercy for us, I trust in You (187)

Saint Faustina. The Divine Mercy

Let us always be reminded that Jesus has set his heart on us and it burns with his love for us!

JESUS, I TRUST IN YOU!

