

52 SUNDAYS

MAY 21, 2023

EXPLORE THE SUNDAY GOSPEL

The Ascension of the Lord

Acts 1:1-11

Ps 47:2-3, 6-7, 8-9

Eph 1:17-23

The Commissioning of the Disciples

Mt 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.”

MEET OUR EXTENDED FAMILY

Sts. Michael, Gabriel and Raphael, Archangels (Feast Day September 29)

St. Michael, St. Gabriel, and St. Raphael are the only angels named in the Bible. Angels are represented throughout the Bible as spiritual beings who mediate between God and men. Each of them has an important role in the story of our salvation. St. Michael appears in Daniel’s vision as “the great prince,” who defends Israel against its enemies. In the Book of Revelation, he leads God’s armies to final victory over the forces of evil. Gabriel is best known for his encounter with Mary, who consents to bear the Messiah. We encounter Raphael in the Old Testament story of Tobit. There, he guides Tobit’s son Tobiah through a series of fantastic adventures that lead to a threefold happy ending: Tobiah’s marriage to Sarah, the healing of Tobit’s blindness, and the restoration of the family fortune. Each archangel performs a different mission in Scripture: Michael protects; Gabriel announces; Raphael guides.

TAKE TIME TO CHAT

- In today's Gospel, we hear about the disciples doubting. Share a time when you doubted your faith.
- What comes to mind when you hear Jesus say, "I am with you always, until the end of the age"?
- What are some ways you can help make someone a disciple?
- What makes angels such a special part of God's creation?

FAMILY FUN

Send Off Paper Lanterns

Celebrate the feast of the Ascension by sending off paper lanterns into the sky! Lanterns can be purchased at a local craft store. Find a clear, open space with no obstructions such as trees or buildings. Be sure to follow all safety instructions listed on your lantern.

RECIPE OF THE WEEK

Blackberry Cobbler

Legend tells us that when St. Michael kicked Lucifer out of Heaven, Lucifer landed in a bed of thorny blackberry bushes!

4 cups fresh blackberries

1 Tbsp lemon juice

1 large egg

1 cup sugar

1 cup all-purpose flour

6 Tbsp butter, melted

Whipped cream (optional)

Garnish: fresh mint sprig

Preheat oven to 375 F. Place blackberries in a lightly greased 8-inch square baking dish; sprinkle with lemon juice. Stir together egg, sugar, and flour in a medium bowl until the mixture resembles coarse meal. Sprinkle over fruit. Drizzle melted butter over topping. Bake at 375 F for 35 minutes or until lightly browned and bubbly. Let stand 10 minutes. Serve warm with whipped cream, if desired. Garnish with fresh mint sprig, if desired.

From: <https://www.myrecipes.com/recipe/easy-blackberry-cobbler>

FAMILY PRAYER

St. Michael the Archangel Prayer

The prayer to St. Michael originated with Pope Leo XIII in 1886. Pray this prayer together as a family.

St. Michael the Archangel,
defend us in battle.

Be our defense against the wickedness and snares of the Devil.

May God rebuke him, we humbly pray,
and do thou,

O Prince of the heavenly hosts,
by the power of God,
thrust into hell Satan,

and all the evil spirits,
who prowl about the world
seeking the ruin of souls. Amen.

LITURGY LINK

Look up to see to see how your church ceiling is decorated. What do you see?

FAMILY CHALLENGE

Memorize the St. Michael Prayer.

FUN FACTS

Today's Gospel is referred to as the "Great Commission". Through the Great Commission, Jesus gives us the mission of the Church -- to make disciples of all nations. Through our baptism, we all have the duty to participate in this mission. ([CCC 1270](#))

<https://www.52sundays.com/sundays/may-21-2023>