



ST. MARY PARISH

Love ♦ Serve ♦ Grow

Solemnity of the Ascension of the Lord
Sacramento, California
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City of God

Verses 1, 2



1. A-wake from your slum-ber! A - rise from your
2. We are sons of the morn-ing; we are daugh-ters of



sleep!
day. A new day is dawn - ing
The One who has loved us



for all those who weep. The peo - ple in
has bright-ened our way. The Lord of all



dark - ness have seen a great light. The Lord of our
kind - ness has called us to be a light for his



long - ing has con-tered the night.
peo - ple to set their hearts free.

Refrain $\text{\$}$



Let us build the cit-y of God. May our tears be



turned in - to danc - ing! For the Lord, our light and our



love, has turned the night in - to day!

Reading I

Acts 1:1-11

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 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.”

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

R. God mounts his throne to shouts of joy: a blare of trumpets for the Lord.

All you peoples, clap your hands,
shout to God with cries of gladness,
For the LORD, the Most High, the awesome,
is the great king over all the earth.

R. God mounts his throne to shouts of joy: a blare of trumpets for the Lord.

God mounts his throne amid shouts of joy;
the LORD, amid trumpet blasts.
Sing praise to God, sing praise;
sing praise to our king, sing praise.

R. God mounts his throne to shouts of joy: a blare of trumpets for the Lord.

For king of all the earth is God;
sing hymns of praise.
God reigns over the nations,
God sits upon his holy throne.

R. God mounts his throne to shouts of joy: a blare of trumpets for the Lord.

Reading II

Eph 1:17-23

Brothers and sisters:

May the God of our Lord Jesus Christ, the Father of glory,

give you a Spirit of wisdom and revelation resulting in knowledge of him.

May the eyes of your hearts be enlightened, that you may know what is the hope that belongs to his call,

what are the riches of glory

in his inheritance among the holy ones,

and what is the surpassing greatness of his power for us who believe,

in accord with the exercise of his great might,

which he worked in Christ,

raising him from the dead

and seating him at his right hand in the heavens,

far above every principality, authority, power, and dominion,

and every name that is named

not only in this age but also in the one to come.

And he put all things beneath his feet

and gave him as head over all things to the church, which is his body,

the fullness of the one who fills all things in every way.

R. Alleluia, alleluia, Alleluia, alleluia.

Go and teach all nations, says the Lord;
I am with you always, until the end of the world.

Gospel

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.”

BE NOT AFRAID

Bob Dufford, SJ

Verse 1



1. You shall cross the bar-ren des-ert, but you shall not die of



1. thirst. You shall wan-der far in safe-ty though you do not know the



1. way. You shall speak your words in for-eign lands and all will un-der-



1. stand. You shall see the face of God and live. to Refrain

Refrain



Be not a-fraid. I go be-fore you al-ways. Come fol-low



me, and I will give you rest. 1, 2 to Vss 2, 3 Final 2

Verse 2



2. If you pass through rag-ing wa-ters in the sea, you shall not



2. drown. If you walk a-mid the burn-ing flames, you shall not be



2. harmed. If you stand be-fore the pow'r of hell and death is at your



2. side, know that I am with you through it all. to Refrain

Here I Am, Lord

Verses



1. I, the Lord of sea and sky, I have heard my
2. I, the Lord of snow and rain, I have borne my
3. I, the Lord of wind and flame, I will tend the



peo - ple cry. All who dwell in dark and sin
peo - ple's pain. I have wept for love of them.
poor and lame. I will set a feast for them.



My hand will save. I who made the
They turn a - way. I will break their
My hand will save. Fin - est bread I



stars of night, I will make their dark - ness bright.
hearts of stone, Give them hearts for love a - lone.
will pro - vide Till their hearts be sat - is - fied.



Who will bear my light to them? Whom shall I send?
I will speak my word to them. Whom shall I send?
I will give my life to them. Whom shall I send?

Refrain



Here I am, Lord. Is it I, Lord? I have heard you



call - ing in the night. I will go, Lord, if you



lead me. I will hold your peo - ple in my heart.

HAIL THE DAY THAT SEES HIM RISE

LLANFAIR



1. Hail the day that sees him rise
 2. There for him high tri-umph waits:
 3. High - est heav'n its Lord re - ceives;
 4. See! he lifts his hands a - bove.
 5. Lord, though part - ed from our sight
 6. There with you we shall re - main,
- Al - le - lu - ia!



1. To his throne be - yond the skies;
 2. Lift your heads, e - ter - nal gates;
 3. Yet he loves the earth he leaves;
 4. See! he shows the wounds of love.
 5. Far be - yond the star - ry height,
 6. Share the glo - ry of your reign,
- Al - le - lu - ia!



1. Christ, the Lamb for sin - ners giv'n,
 2. He has con - quered death and sin;
 3. Though re - turn - ing to his throne,
 4. Hark! his gra - cious lips be - stow,
 5. Lift our hearts that we may rise
 6. There your face un - cloud - ed view,
- Al - le - lu - ia!



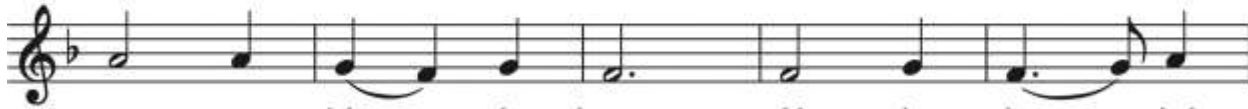
1. En - ters now the high - est heav'n!
 2. Take the King of glo - ry in.
 3. Still he calls the world his own.
 4. Bless - ings on his church be - low.
 5. One with you be - yond the skies:
 6. Find our heav'n of heav'ns in you.
- Al - le - lu - ia!

ALLELUIA! SING TO JESUS

HYFRYDOL



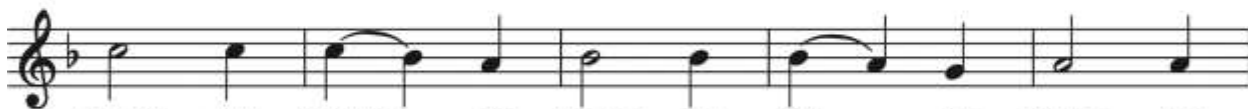
1. Al - le - lu - ia! sing to Je - sus! His the
 2. Al - le - lu - ia! not as or - phans Are we
 3. Al - le - lu - ia! Bread of An - gels, Here on
 4. Al - le - lu - ia! King e - ter - nal, You the
 5. Al - le - lu - ia! Al - le - lu - ia! Glo - ry



1. scep - ter, his the throne; Al - le - lu - ia!
 2. left in sor - row now; Al - le - lu - ia!
 3. earth our food, our stay! Al - le - lu - ia!
 4. Lord of lords we own; Al - le - lu - ia!
 5. be to God on high; Al - le - lu - ia



1. his the tri - umph, His the vic - to - ry a - lone;
 2. he is near us, Faith be - lieves, nor ques - tions how:
 3. here the sin - ful Flee to you from day to day:
 4. born of Ma - ry, Earth your foot - stool, heav'n your throne:
 5. to the Sav - ior Who has won the vic - to - ry;



1. Hark! the songs of peace - ful Zi - on Thun - der
 2. Though the cloud from sight re - ceived him, When the
 3. In - ter - ces - sor, friend of sin - ners, Earth's re -
 4. You with - in the veil have en - tered, Robed in
 5. Al - le - lu - ia to the Spir - it, Font of



1. like a might - y flood; Je - sus out of ev - 'ry
 2. for - ty days were o'er, Shall our hearts for - get his
 3. deem - er, plead for me, Where the songs of all the
 4. flesh, our great high priest; Here on earth both priest and
 5. love and sanc - ti - ty; Al - le - lu - ia! Al - le -



1. na - tion Has re - deemed us by his blood.
 2. prom - ise? "I am with you ev - er - more!"
 3. sin - less Sweep a - cross the crys - tal sea.
 4. vic - tim In the Eu - cha - ris - tic feast.
 5. lu - ia! To the tri - une maj - es - ty.

Immaculate Mary

1. Immaculate Mary, your praises we sing.
You reign now in heaven with Jesus our King.

Refrain

Ave, Ave, Ave, Maria!

Ave, Ave, Maria!

2. In heaven the blessed your glory proclaim;
On earth we your children invoke your fair name.

3. We pray for our Mother, the Church upon earth,
And bless, Holy Mary, the land of our birth.

Prayer to St. Michael

St. Michael the Archangel,
Defend us in battle,
Be our protection against the wickedness
and snares of the Devil.
May God rebuke him, we humbly pray.
And do thou, O Prince of the Heavenly Host,
by the Power of God,
cast into hell Satan and all the evil
spirits who prowl about the world
seeking the ruin of souls. Amen.