Encountering THE SEASON

Easter for the Family

Ascension of the Lord (C)

Dear Family:

Read the reflection about the Ascension, and discuss the "Ponder and Pray" questions and prompts, thinking about how Our Lord is calling you to act. Then, consider the challenges of the "Live It" section, and have fun with the family activities.

Eternal Access

The Solemnity of the Ascension celebrates the moment when Jesus, fully God and fully man, brought his glorified, resurrected Body into heaven. In doing so, he united his earthly sacrifice with the eternal presence of the Father. This act transformed his once-for-all sacrifice into an offering constantly present to the Father for all eternity, granting us access to his mercy and love through the Eucharist.

The Ascension invites us to reflect on this profound gift. Jesus' eternal offering reminds us that we are no longer distant from God but are invited into a personal and transformative relationship with him. We are called to approach the Father with confidence, knowing that Christ's sacrifice has made this access possible.

L Then he led them out as far as Bethany, raised his hands, and blessed them. As he blessed them he parted from them and was taken up to heaven.

—Luke 24:50-51



This feast also challenges us to prepare our hearts to receive the fullness of this gift. Through the Sacrament of Reconciliation and prayer, we can approach the Eucharist with gratitude

and openness, allowing Christ's love to change us. The Ascension is more than a reminder of what Jesus has done: it is an invitation to live in his grace and love every day.

- Ponder and Pray

- Jesus' Ascension gives us access to the Father. How often do you take advantage of this access through prayer, the sacraments, or Adoration?
- Jesus' sacrifice was not merely about enduring suffering but, more importantly, offering it in love. How can you turn moments of suffering in your own life into offerings of love for God and others?
- When you face challenges, how does reflecting on Jesus' continual intercession for you give you strength and hope?

Live It

The Ascension invites us to use the access to God that Jesus' sacrifice has won for us. Through the Eucharist, we are united to Christ's eternal offering to the Father. Fr. Mike Schmitz reminds us, "You're family—just come right in." Approach God with confidence and sincerity, preparing your heart through prayer and confession. This week, make time to attend Mass with an open and ready heart. Reflect on how Jesus' eternal love is present for you, and let that love transform your actions.

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	Dive Deeper
	Scan here to watch Ascension Sunday Mass with Fr. Mike Schmitz
	Mass with Fr. Mike Schmitz

Or go to:

https://www.youtube.com/

watch?v=H0toLFC5C4Y.

Fun for the Family

s a family, reflect on the meaning of the Ascension. Share what it means to know that Jesus is continually offering his love to the Father on your behalf. Attend Mass together, and discuss how the Eucharist connects us to his sacrifice. Afterward, make a family commitment to show love in action this week—whether by helping a neighbor, volunteering, or praying for others. End your reflection with a prayer thanking Jesus for the gift of access to the Father.

Fr. Mike Schmitz, a Catholic priest and evangelist, is the award-winning host of these Ascension podcasts: *The Bible in a Year (with Fr. Mike Schmitz)*®, *The Catechism in a Year*® (with Fr. Mike Schmitz), and the Fr. Mike Schmitz Podcast. Fr. Mike is the director of Youth and Young Adult Ministry for the Diocese of Duluth as well as the chaplain for the Newman Center at the University of Minnesota-Duluth (UMD).

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