

SACRED HEART CATHEDRAL

1, Ashok Place, New Delhi - 110001 ☎ 23363593/23347304



sacredheartcathedralnewdelhi@gmail.com

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REFLECTION

Today, in union with the world wide church, we celebrate the Ascension of Lord. We took part in the Holy Week and shared in the Resurrection. Now, today, we are witnesses to the earthly and physical presence of Jesus as it comes to an end. While it is the end of Jesus' public ministry and mission, it is only the beginning for his followers as they are now charged and commissioned with the work of proclaiming the Good News and building God's Kingdom. Jesus now gives them the responsibility of carrying on his work.

Through these men and women the Good News about Jesus will spread far and wide. In the first reading from the Acts of the Apostles, Jesus says to them, 'When the Holy Spirit comes on you, then you will be my witnesses, not only in Jerusalem but throughout the whole of Judaea and Samaria, and indeed to then ends of the earth.' What is a witness? A witness is someone who sees, hears and experiences something and then has the courage to share with it others. For those who knew Jesus personally, it was not enough that they had immediate and first hand experience of his life, death and resurrection.

They are now be called and challenged to do one more thing; to carry on the mission of Jesus with the help of the Holy Spirit – the power from on high. The mission and responsibility that Jesus gave his followers in the gospel, he also gives to you and me today and every day. We are the ones now who are called to be the vocal and visible witnesses of Jesus in our world. We are called and challenged to be the face and voice of Jesus in our world that cries out for hope, peace, equality and justice. The Ascension of Jesus is not the end of things, on the contrary, it is just the beginning.

We all know how challenging, difficult and at times, painful these last few months have been locally, nationally and globally for all of us. Each of us has been stretched and tested in ways we never thought possible. We went above and beyond ourselves as we did our very best to care for others around us. We think of the many medical staff in hospitals and nursing homes who lovingly cared for the most vulnerable in our society at this time. Through their healing work they and so many others are witnesses to the message of Jesus, love each other as I love you. We think of families, perhaps with elderly parents or sick children who are doing all they can to nourish, nurture and support each other at this difficult time. They are witnesses to the presence of and power of Jesus in our families and communities this very day.

We might ask ourselves, who am I to be a witness to Jesus? Who am I to carry on the mission and ministry of Jesus? Here's an idea, ask those questions another way; who am I not to be a witness to Jesus? Who am I not to carry on the mission of Jesus? Through the gift of the Holy Spirit with which we were anointed at our baptism and confirmation, you and I are called to be living and radical disciples of Jesus today, here and now. Jesus says to each of us; 'As the Father sent me, so I am sending you. Through us the mission of Jesus continues.

Jesus is calling all of us to be his witnesses just as he called his first disciples. He is sending us out to live and proclaim the gospel through the quality of our daily lives, just as he sent out his first disciples. When Jesus calls us by our name to be his witness, what is our response to this invitation?

Parish Priest

Fr. Lawrence PR

Asst. Parish Priests

Fr. John Britto

Fr. Shinil Jacob

Mass Timings

Saturdays

6.30 pm (Eng)

Anticipated Mass

Sundays

6.30 am - English

7.30 am - Malayalam

9.00 am - English

10.15 am - Hindi

11.30 am - English

4.30 pm - Hindi

6.30 pm - English

Weekdays

6.00 am - English

1.00 pm - English

6.30 pm - English

Tuesday evening

Mass is in Hindi

* No mass at 1.00 pm
on Saturdays

Sunday
Holy Mass

Hindi 11 am
Eng 9 am & 6 pm

YouTube

f Facebook

ARCHBISHOP
ANIL COUTO



SUNDAY READINGS



1st Reading: Acts 1:1-11

पहला पाठ: प्रेरित- चरित 1:1-11

Luke begins the Acts of the Apostles with an Account of the Ascension which takes place forty day after the resurrection

स्वर्ग में आरोहित कर लिये जाने के पूर्व सेसु अपने शिष्यों को आश्वासन देते हैं कि वह पिता के पास पहुँच कर उनके लिए पवित्र आत्मा भेज देंगे।

Response Ps: 47

अनुवाक्य: स्तोत्र 46

God goes up with shouts of joy; the Lord goes up with trumpet blast.

ईश्वर जयकार के साथ आगे बढ़ता है, वह तुरही के घोष के साथ आगे बढ़ता है।

2nd Reading: Ephesians 1:17-23

दूसरा पाठ: एफेसियों के नाम पत्र 1:17-23

Paul begins the Letter to the Ephesians with a thanksgiving but moves quickly in a prayer for spiritual wisdom and knowledge.

महिमामय पिता ईश्वर ने पुनर्जीवित येशु मसीह को सारी मानव जाति का शीर्ष नियुक्त किया है और उन्हें अपनी महिमा और सामर्थ्य प्रदान किया है कलीसिया मसीह का शरीर और उनकी परिपूर्णता है।

Gospel : Matthew 28:16-20

सुसमाचार: सन्त मती 28:16 — 20

(After the death and resurrection of Jesus the Eleven return to Galilee from where his ministry had begun.)

The eleven disciples set out for Galilee, to the mountain where Jesus had arranged to meet them. When they saw him they fell down before him, though some hesitated. Jesus came up and spoke to them. He said, 'All authority in heaven and on earth has been given to me. Go, therefore, make disciples of all nations; baptise them in the name of the Father and of the Son and of the Holy Spirit, and teach them to observe all the commands I gave you. And look, I am with you always; yes, to the end of time.'

(स्वर्ग में आरोहित कर लिये जाने के पूर्व प्रभु येशु अपने शिष्यों को अपना कार्य और अधिकार सौंप देते हैं और उन्हें यह आश्वासन देते हैं कि वह संसार के अन्त तक सदा उनके साथ रहेंगे।)

तब ग्यारह शिष्य गलीलिया की उस पहाड़ी के पास गये, जहाँ ईसा ने उन्हें बुलाया था। उन्होंने ईसा को देख कर दण्डवत् किया, किन्तु किसी-किसी को सन्देह भी हुआ। तब ईसा ने उनके पास आ कर कहा, "मुझे स्वर्ग में और पृथ्वी पर पूरा अधिकार मिला है। इसलिए तुम लोग जा कर सब राष्ट्रों को शिष्य बनाओ और उन्हें पिता, पुत्र और पवित्र आत्मा के नाम पर बपतिस्मा दो। मैंने तुम्हें जो-जो आदेश दिये हैं, तुम लोग उनका पालन करना उन्हें सिखलाओ और याद रखो—मैं संसार के अन्त तक सदा तुम्हारे साथ हूँ।"

Prayers of the Faithful:

विश्वासियों के निवेदन

Lord, Strengthen our faith.

हे पिता, हमारी प्रार्थना सुन।

READINGS OF THE WEEK

25-Mon Acts 19:1-8/Ps 68/Jn 16:29-33

26-Tue: Acts 20:17-27/Ps 68/Jn 17:1-11a

27-Wed: Acts 20:28-38/Ps 68/Jn 17:11b-19

28-Thu: Acts 22:30;23:6-11/Ps 16/Jn 17:20-26

29-Fri: Acts 25:13b-21/Ps 103/Jn 21:15-19

30-Sat: Acts 28:16-20,30-31/Ps 11/Jn 21:20-25



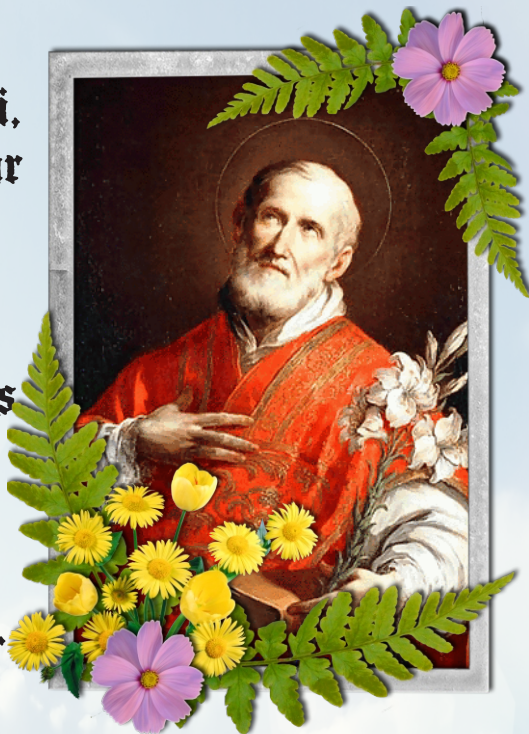
For Deacons
We pray that deacons,
faithful in their service
to the Word and the poor,
may be an invigorating
symbol to the entire Church

~Pope Francis~



Prayer to St. Philip Neri

O gentle lover
of God, St. Philip Neri,
we ask that through our
worthy reception
Reception of the
sacraments and our
fidelity to the teachings
of Christ, we may
increase our love
for God and convert
others by our example.
We ask this through
Jesus Christ our Lord.
Amen.



*St. Philip Neri
1515 - 1595*

*Founder of the Confraternity
of the Most Holy Trinity Memorial*

FEASTS OF THE WEEK

25- Mon: St. Venerable Bede

26-Tue: St. Philip Neri

27-Wed: St. Augustine of Canterbury

28-Thu: St. Germanus

29-Fri: St. Cyril

30-Sat: St. Joan of Arc