

Questions for Reflection and Sharing

What connections or new insights did you gain from the readings?

How do you currently experience the challenge of the Gospel?

How is your Family of Parishes living out their awareness of Christ's promise that "I am with you always," particularly considering His presence with the poor and oppressed?

Intercessions

For what or for whom should we pray?

Lord's Prayer

Closing Prayer

Mary, Mother of the Church and our Mother,
Present our prayer of thanksgiving to your Son.
Beg from Him the graces we need to be faithful disciples who
follow Him with enthusiasm and joy,
May our witness to the love of God bear fruit in our
archdiocese, parishes, homes and hearts.
Teach us to be God's joyful witnesses, to radiate Christ in all
we do, so that all people might know, love and follow your
Son through this life and into the next.
Amen.



May 2026

Opening Prayer

Let us pray, (Pause for silent prayer)
that all people might know, love, and follow your Son
through this life and into the next. Amen.

Grant, we pray, almighty God,
that your Church may always remain
that holy people, formed as one
by the unity of Father, Son, and Holy Spirit,
which manifest to the world
the Sacrament of your holiness and unity
and leads it to the perfection of your charity.

Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
God, forever and ever. Amen.

Reading from Sacred Scripture

A reading from the Gospel according to Matthew
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.”

[Matthew 28:16-20](#) (The Ascension of the Lord)

Excerpt from Pope Leo XIV's *Dilexi Te*

4. Jesus' disciples criticized the woman who poured costly perfumed oil on his head. They said: “Why this waste? For this ointment could have been sold for a large sum, and the money given to the poor.” However, the Lord said to them in response: “You always have the poor with you, but you will not always have me” (*Mt 26:8-9,11*). That woman saw in Jesus the lowly and suffering Messiah on whom she could pour out all her love. What comfort that anointing must have brought to the very head that within a few days would be pierced by thorns! It was a small gesture, of course, but those who suffer know how great even a small gesture of affection can be, and how much relief it can bring. Jesus understood this and told the disciples that the memory of her gesture would endure: “Wherever this good news is proclaimed in the whole world, what she has done will be told in remembrance of her” (*Mt 26:13*). The simplicity of that woman's gesture speaks volumes. No sign of affection, even the smallest, will ever be forgotten, especially if it is shown to those who are suffering, lonely or in need, as was the Lord at that time.

5. Love for the Lord, then, is one with love for the poor. The same Jesus who tells us, “The poor you will always have with you” (*Mt 26:11*), also promises the disciples: “I am with you always” (*Mt 28:20*). We likewise think of his saying: “Just as you did it to one of the least of these brothers and sisters of mine, you did it to me” (*Mt 25:40*). This is not a matter of mere human kindness but a revelation: contact with those who are lowly and powerless is a fundamental way of encountering the Lord of history. In the poor, he continues to speak to us.