

ASCENSION Families

JOYFULLY PROCLAIMING, CELEBRATING, WITNESSING, AND SERVING *Together*

Holy Thursday: Evening Mass of the Lord's Supper

Reading 1: [EX 12:1-8, 11-14](#)

The LORD said to Moses and Aaron in the land of Egypt,
“This month shall stand at the head of your calendar;
you shall reckon it the first month of the year.
Tell the whole community of Israel:
On the tenth of this month every one of your families
must procure for itself a lamb, one apiece for each household.
If a family is too small for a whole lamb,
it shall join the nearest household in procuring one
and shall share in the lamb
in proportion to the number of persons who partake of it.
The lamb must be a year-old male and without blemish.
You may take it from either the sheep or the goats.
You shall keep it until the fourteenth day of this month,
and then, with the whole assembly of Israel present,
it shall be slaughtered during the evening twilight.
They shall take some of its blood
and apply it to the two doorposts and the lintel
of every house in which they partake of the lamb.
That same night they shall eat its roasted flesh
with unleavened bread and bitter herbs.

“This is how you are to eat it:
with your loins girt, sandals on your feet and your staff in hand,
you shall eat like those who are in flight.
It is the Passover of the LORD.
For on this same night I will go through Egypt,
striking down every firstborn of the land, both man and beast,
and executing judgment on all the gods of Egypt—I, the LORD!
But the blood will mark the houses where you are.
Seeing the blood, I will pass over you;
thus, when I strike the land of Egypt,
no destructive blow will come upon you.

“This day shall be a memorial feast for you,
which all your generations shall celebrate
with pilgrimage to the LORD, as a perpetual institution.”

Responsorial Psalm: [PS 116:12-13, 15-16BC, 17-18.](#)

Our blessing-cup is a communion with the Blood of Christ.
How shall I make a return to the LORD
for all the good he has done for me?
The cup of salvation I will take up,
and I will call upon the name of the LORD.
R. Our blessing-cup is a communion with the Blood of Christ.
Precious in the eyes of the LORD
is the death of his faithful ones.
I am your servant, the son of your handmaid;
you have loosed my bonds.
R. Our blessing-cup is a communion with the Blood of Christ.
To you will I offer sacrifice of thanksgiving,
and I will call upon the name of the LORD.
My vows to the LORD I will pay
in the presence of all his people.
R. Our blessing-cup is a communion with the Blood of Christ.

Reading 2: [1 COR 11:23-26](#)

Brothers and sisters:
I received from the Lord what I also handed on to you,
that the Lord Jesus, on the night he was handed over,
took bread, and, after he had given thanks,
broke it and said, “This is my body that is for you.
Do this in remembrance of me.”
In the same way also the cup, after supper, saying,
“This cup is the new covenant in my blood.
Do this, as often as you drink it, in remembrance of me.”
For as often as you eat this bread and drink the cup,
you proclaim the death of the Lord until he comes.

Verse before the Gospel: [JN 13:34](#)

I give you a new commandment, says the Lord:
love one another as I have loved you.

Gospel:**JN 13:1-15**

Before the feast of Passover, Jesus knew that his hour had come to pass from this world to the Father.
He loved his own in the world and he loved them to the end.
The devil had already induced Judas, son of Simon the Iscariot, to hand him over.
So, during supper,
fully aware that the Father had put everything into his power and that he had come from God and was returning to God,
he rose from supper and took off his outer garments.
He took a towel and tied it around his waist.
Then he poured water into a basin
and began to wash the disciples' feet
and dry them with the towel around his waist.
He came to Simon Peter, who said to him,
"Master, are you going to wash my feet?"
Jesus answered and said to him,
"What I am doing, you do not understand now,
but you will understand later."
Peter said to him, "You will never wash my feet."
Jesus answered him,
"Unless I wash you, you will have no inheritance with me."
Simon Peter said to him,
"Master, then not only my feet, but my hands and head as well."
Jesus said to him,
"Whoever has bathed has no need except to have his feet washed,
for he is clean all over;
so you are clean, but not all."
For he knew who would betray him;
for this reason, he said, "Not all of you are clean."

So when he had washed their feet
and put his garments back on and reclined at table again,
he said to them, "Do you realize what I have done for you?
You call me 'teacher' and 'master,' and rightly so, for indeed I am.
If I, therefore, the master and teacher, have washed your feet,
you ought to wash one another's feet.
I have given you a model to follow,
so that as I have done for you, you should also do."

Family Foot Washing Ceremony:

Introduction (said one time to your entire family. Feel free to improvise with your own words): "Jesus washed the feet of His disciples in a spirit of love, humility, and service. I wash your feet today because I want to love you as perfectly as Christ loves you. I want to humbly serve you as our entire family learns to serve each other, particularly during this season when we are so closely united at home."

Antiphon (repeated to each family member individually, as you wash their feet): "I give you a new commandment: love one another. As I have loved you, so also you should love one another."

A Prayer of Spiritual Communion for Children:

My Jesus, I know that you love me so very much. I want to show my love for You. How I wish I could receive You today in Holy Communion. I hope that I can do so again very soon. But today I ask that You help me open my heart to receive You spiritually. I know that You always want to be close to me and to all who love You. Help me always to stay close to You. Jesus, I thank You for your great love for me and for my family. Bless all those people whom I love and who love me. Amen.