

Liturgical Living: The Ascension

This year, Ascension falls on May 14, and it is a holy day of obligation in the Buffalo Diocese. The Solemnity of the Ascension is celebrated forty days after Easter Sunday and recalls our Lord's exaltation by being taken gloriously up into heaven.

After Jesus' crucifixion and resurrection, Scripture tells us He was seen for forty days before He ascended into heaven to be "seated at the right hand of God the Father."

When Jesus ascended into heaven, He told the apostles to wait on the Holy Spirit to come upon them. They stayed and prayed for 9 days until Pentecost Sunday, making the first novena. We, too, can imitate the apostles by beginning the Novena to the Holy Spirit today in preparation for Pentecost Sunday.

Here are some feast day ideas that you might be interested in trying out this year:

1. **Eat Fowl:** It was a widespread custom in many parts of Europe during the Middle Ages to eat a bird on Ascension Day, because Christ "flew" to Heaven.
2. **Take a hike** in imitation of Christ's leading the Apostles "out towards Bethany" (Luke 24, 50), which in Jerusalem was the original path that Christ took to the summit of the Mount of Olives.
3. **Fly a kite:** Pin an image of Jesus onto your kite and watch Him ascend!

If your kids enjoy crafts, [this is a fun one](#) to assemble, [this one is easy](#) to do, and [here is another one](#) they may like to play with.

[This video by Bishop Barron](#) is a great explanation on why the Ascension matters, and [this 2-minute video](#) is a child-friendly description of the Ascension.

A kid-friendly snack for today is [this Jello cloud parfait](#). If you enjoy baking and want to make something a bit more sophisticated, [these meringue cookies](#) are a delicious cloud-like sweet treat.

