

## Here's a text if you've only a minute ...

Of you my heart has spoken, 'Seek his face'.

*Psalm*

I will not leave you as orphans, says the Lord. I am going away and I will come to you, and your hearts will rejoice. *Gospel Acclamation*

Eternal Father,  
reaching from end to end of the universe,  
and ordering all things with your mighty arm:  
for you, time is the unfolding of truth that already is,  
the unveiling of beauty that is yet to be.  
Your Son has saved us in history by rising from the dead,  
so that transcending time he might free us from death.  
May his presence among us lead to the vision of unlimited truth  
and unfold the beauty of your love.

*Old Opening Prayer*

This week's texts if you'd like to explore further:  
Acts 1: 12-14; Psalm 26 (27); 1 Peter 4: 13-16; John 17: 1-11



There is one thing I ask of the Lord ...  
to gaze on the beauty of the Lord (Psalm)

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ST BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM



**PREGO LEAFLET**

**Seventh Sunday of Easter  
Year A, 17th May 2026**

'I am coming to you'

This last Sunday of Easter offers us a prayerful pause between the great feasts of Ascension and Pentecost. There is a spirit of anticipation and encouragement throughout the liturgy.

In the **Gospel**, we hear part of Jesus's prayer for his beloved disciples, both then and now. The teaching of Jesus, his words, his actions, his very presence, all give his disciples a part in his glory.

After Jesus ascends to his Father in heaven, the disciples return to the upper room in Jerusalem and devote themselves to prayer (**First Reading**).

In the **Second Reading**, Peter gives encouragement to the early Church, counselling them to rejoice when they face persecution or suffering. By their sufferings, they share in Christ's glory; the glory about which Jesus teaches in today's Gospel.

We can imagine both those gathered in the upper room after the ascension of Jesus, and the early Christian community to whom Peter was writing, joyfully praying lines from today's **Psalm**: *The Lord is my light and my salvation: whom shall I fear?*

This week, let us remember our own communities of prayer; those who pray on their own and those who are members of Prego groups.

United with the whole Church, and especially Church communities that face persecution, we are all gathered up as one in the Body of the risen Christ. To him be the glory for ever and ever, Amen!



### Opening Prayer

Graciously hear our supplications, O Lord,  
so that we, who believe that the Saviour of the human race  
is with you in your glory,  
may experience, as he promised, until the end of the world,  
his abiding presence among us.

## Psalm 26 (27)

**R./ I believe I shall see the Lord's goodness  
in the land of the living**

**T**he Lord is my light and my salvation;  
whom shall I fear?  
The Lord is the stronghold of my life;  
whom should I dread?

There is one thing I ask of the Lord,  
only this do I seek:  
to live in the house of the Lord  
all the days of my life,  
to gaze on the beauty of the Lord,  
to enquire at his temple.

O Lord, hear my voice when I call;  
have mercy and answer me.  
Of you my heart has spoken,  
'Seek his face.'

Slowly, I invite myself to settle the busyness of my mind and become still before the Lord. I ask for the grace to embody the attitude of the Psalmist who wrote these verses of prayer.

Prayerfully and lovingly, I read each line of the psalm. After each phrase I pause, and let the words seep ever deeper into my heart.

After my first reading of the whole text, what words, images or feelings remain with me?

I let my attention gaze lovingly on these moments that the Holy Spirit is inviting me to savour. I ponder why is this so?  
What do I need to see, hear, and feel as I pray with this Psalm?

Perhaps there is a line or word here that I could continue to pray repeatedly, like a mantra, in the week ahead?

There is an invitation at the end of the psalm: '*Seek his face*'.  
I ask the Holy Spirit to reveal the face of the Lord to me in the people I meet, in the beauty of nature and in the challenges of our times.

I finish my prayer with *Glory be to the Father ...*

## Gospel John 17: 1-11

**A**t that time, Jesus lifted up his eyes to heaven, and said, 'Father, the hour has come; glorify your Son that the Son may glorify you, since you have given him authority over all flesh, to give eternal life to all whom you have given him. And this is eternal life, that they know you, the only true God, and Jesus Christ whom you have sent. I glorified you on earth, having accomplished the work that you gave me to do. And now, Father, glorify me in your own presence with the glory that I had with you before the world existed.

'I have manifested your name to the people whom you gave me out of the world. Yours they were, and you gave them to me, and they have kept your word. Now they know that everything that you have given me is from you. For I have given them the words that you gave me, and they have received them and have come to know in truth that I came from you; and they have believed that you sent me. I am praying for them. I am not praying for the world but for those whom you have given me, for they are yours. All mine are yours, and yours are mine, and I am glorified in them. And I am no longer in the world, but they are in the world, and I am coming to you.'

I take as long as I need to become aware of the presence of God. I follow the flow of my breath, noticing any sensations in my body; the sounds within and around me. Each is a sign of God's continuing creation of me. I offer words of thanks for this, and slowly still myself within this loving presence.

When I am ready, I turn to the Gospel, and slowly and repeatedly read it through. There is a lot to take in, so I may need to pause often. It may even help me to pray with small sections of the text at a time, returning later to pray with the rest.

In this passage, Jesus is praying to the Father; he is praying for his disciples; he is praying for me. I imagine being alongside Jesus as he prays. What do I notice about Jesus as he prays?

I read the passage again, but this time I may want to imagine Jesus is praying to the Father specifically about me. I substitute my own name whenever he says 'they, them, those': '*... you gave [my name] to me, and she has kept your word*'  
Hearing Jesus pray with my name: what does he want me to hear?  
What words has he given me?

I listen, and then I make a prayerful response to Jesus. When I am ready, I end my prayer by imagining Jesus praying the *Our Father* together with me.