

A Short Teaching on Ascending  
by Deacon Gerry Palermo

Greetings on the Solemnity of the Ascension of the Lord

Readings: ACTS 1:1-11; EPH 1:17-23; LK 24:46-53

Easter Greetings! He is risen! Alleluia! He is risen, indeed! Alleluia, Alleluia!

The world around us sells two different ideas about the body.

(1) The body is unimportant, do with it as you will. It's yours to use and abuse.

(2) The body is the only importance and it should be revered and molded.

These extremes, sometimes experienced at the same time by the same person, brings about an uncertainty and confusion hard to escape. This dualistic aspect is in our binge and purge culture.

It reminds me when broccoli was discovered to have anti-cancer properties. Smokers would joke that they have 'one hand for a cigarette and one for a broccoli spear'. You know, to balance things out. Or an alcoholic that has a Bloody Mary with an olive and celery stick, 'to get my vitamins'. Or calorie counting and exercise burn rates to be kept them in meticulous balance?

The needs of the body and of the mind are at war with one another. The spirit is left starving for affection. Even when the spirit is deliberately encountered, the same binge and purge mentality.

Rather, the Ascension brings us into the fullness of the incarnation, nativity, and the life of Jesus Christ, body and spirit, who brings us into the divine harmony. The resurrection is "completed in the ascension of the Son to the Father and in the correlative descent of the Spirit on all flesh".

The mind and body are not reduced into each other but brought into perfect alignment in the person of Jesus Christ. They are made into a perfect harmony with distinction but without separation. The spirit does not 'take over' in the Book of Acts as if all Jesus did in the flesh is preamble. The body and spirit of every woman and man is ascended with Jesus, as one. Then, and ONLY THEN, can the Holy Spirit bring his precious gift of Pentecost.

Hence, Jesus said, "I am ascending to my Father and your Father, to my God and your God".

Don't live a dual life in the flesh. Ascend with Jesus today and every day. Live in harmony.

Peace be with you.

Deacon Gerry