



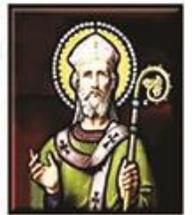
The Sacred Heart

www.sacredheartnorthampton.org.uk



Diocesan Shrine, Our Lady of Perpetual Succour & St Anselm

www.ourladyandstanselm.org



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Giving Tuesday:

Each Tuesday, between 10am and 4pm,
you will be able to call the Finance Office
at Bishop's House (01604 712065), to
donate to your parish using your
credit/debit card over the phone.

Although public celebrations of Mass are
suspended, Mass intentions will continue
to be offered at private Masses celebrated
daily by Fr Jerry. This week's Intentions
are listed at the top of the page. If you
have a Mass intention, please email
Lorraine on
sacredheartrcchurch@btconnect.com

16th/17th May 2020 Sixth Sunday of Easter

Saturday	James McNicholas R.I.P.
Sunday 17 th May	Dennis Stratton R.I.P.
Monday	All the staff at St Gregory's and Thomas Becket schools
Tuesday	For the sick
Wednesday	John William Turner R.I.P.
Thursday	For the parish
Friday	Ursula Welsh R.I.P.
Saturday	Sean Nestor
Sunday 24 th May	Jean Steadman R.I.P.

Feast days and Holy days. Thursday – The Ascension of the Lord.

Anniversaries: Florence Smith, Jerome O'Donovan, Gunther Kaiser, Mick Mahoney, Miguel Penalver, Flora Drummond, Mary Newman, Bridie Hall, Louise Bowes, Bina Palmer, Rose Coleman, Elizabeth Saward, David Wallace. R.I.P.

Please pray for all our sick.

Pope Francis' Special Intention. May: We pray that deacons, faithful in their service to the Word and the poor, may be an invigorating symbol for the entire Church.

Next Week's Liturgy of the Word: Acts 8:5-8, 14-17, Ps 65:1-7, 16. 20 r. 1, 1 Peter 3:15-18, John 14:15-21.

Coronavirus. There is a message from the Metropolitan Archbishops of the Catholic Church in England and Wales which confirms that planning is underway for the re-opening of Catholic churches when restrictions are eased. Discussions with the statutory public health agencies and government representatives are ongoing. The message can be found on their website:

<https://www.cbcew.org.uk/bishops-recognise-pain-of-catholics-who-cannot-pray-in-church-or-receive-the-sacraments/>

There is also a statement from the Catholic Bishops' Conference of England and Wales in response to the government's Coronavirus recovery strategy which was released on Monday 11th May. You can find the statement on their website: <https://www.cbcew.org.uk/catholic-bishops-respond-to-governments-lockdown-easing-plans/>

Don't forget there are various ways in which you can join in with Mass from your own home. Live-streamed Mass from the Cathedral can be viewed on their website:

<http://northamptoncathedral.org/live/> and there is also live-streamed Mass from Walsingham, viewable from their website: <https://www.walsingham.org.uk/live-stream/>

Although we are currently not able to make a sacramental communion with Jesus by physically receiving the consecrated host, we can unite ourselves spiritually to him and we are encouraged to do so by Pope Francis, by making an Act of Spiritual Communion. The physical act of receiving the Sacred Host is exceptionally important however it is not the only, indispensable manner of being united with Jesus and His Body, the Church. On the following page, there is a prayer that you can recite. Find a quiet time in your day, a quiet place in your house or garden and be still. Pause for a minute to undertake this act of faith, asking Jesus for His grace and strength, telling Him that you wish to receive Him.

There are lots of prayer resources on our parish websites, so make sure you have a look!

From Fr Jerry: Sixth Sunday of Easter. Theme: *I shall ask the Father, he will give you another Advocate*

Jesus promises the disciples "another Paraclete" (advocate), the Holy Spirit after his physical departure from this earth. Who is the first paraclete? The Church teaches that Jesus calls the Holy Spirit the "Paraclete", literally, he who is called to one's side, advocatus. Paraclete is commonly translated by "consoler", and Jesus is the first consoler (CCC#692). The first job of the Paraclete is that, he is coming to continue the work of Christ in defending the vulnerable.

The second job that the paraclete is going to do is to dwell WITH the disciples and IN the disciples. Until then, we were orphans, but the paraclete comes to transform the legal status of the disciples because they are born by water and the spirit (John 3:3-6). Thirdly, He describes the Advocate as the Spirit of Truth. The context of this truth is the encounter between Jesus and the Samaritan woman. Therefore, the question is WHERE CAN ONE ENCOUNTER GOD? Jesus' resolution of this difficulty is that geographical is irrelevant. Practically, wherever the Spirit of God is, there is the place of encounter. The world can never receive this Spirit of Truth. Those who believe in Jesus will receive the Advocate but those who refuse to believe in him may not receive the holy spirit.

The Advocate, who is sometimes called the Intercessor, Counsellor or Protector, will teach them and guide them "into all the truth". The Holy Spirit is revealed in the mission of the disciples as we reflect on how the early Christian community preach the risen Christ. Their proclamation was supported by numerous healings, hence, the outcome of their mission resulted in a positive result: "there was much joy in that city" (Act 8:8).

Also, Christ promises his disciples that he will not leave them orphans but will come back to them. The disciples will see him in his risen and gloried life and not merely with their physical eyes but with the inward eyes of faith. Jesus Christ describes the relationship between him and the disciples as similar to that between him and his Father. The basis of their relationship will be on his commandments. Therefore, the promised to receive the Advocate is based on our love for Christ and our desire to obey and to keep his commandments. Our firm faith in the presence of Jesus among us in the person of the Advocate is very crucial in a world of unclean spirits, sickness, pandemic and hopelessness. It is possible for humanity to know true joy, because whenever the gospel comes, life flourishes, just arid ground, irrigated by rain, immediately turns back to green. May our spiritual communion create in us a deeper longing for the coming of the Paraclete as we read the Word of God.

An act of Spiritual Communion. My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

SVP Care and Call Scheme. If you are able, please look out for neighbours and friends who may be in need of help. If you are unable to help, there are others who can. The Call and Care scheme brings together volunteers with those needing contact or practical help. During this difficult time for all our parishioners and those in the community, we're here to help in whatever way we can. Many of the vulnerable members of our community have been confined to their homes for weeks are in danger of becoming really isolated or neglected. Please text or ring our phone if we can help in any way. Sacred Heart SVP: 07504 465707 or Our Lady & St Anselm SVP: 07568 313234.

The Hope Centre. The ongoing situation with coronavirus presents significant challenges for those living in poverty across Northampton and The Northampton Hope Centre are doing everything within their power to continue supporting the most vulnerable in our community. From Sunday 30 March, all of Northampton's homeless community have been offered hotel accommodation which was secured in partnership with Northampton Borough Council. They are now working together to support these individuals allowing them to self-isolate in a safe and secure environment. Hope is providing 3 meals a day and also providing support in the form of clothing, supplying activities and also a mental health support help line.

The Hope Food Club is now operating on a delivery only basis and has doubled its capacity and is now delivering 3 days each week. Hope will continue to rely on the support of the community to ensure that they have the resources to care for those in need and would encourage anyone wanting to help to stay up-to-date via social media as they appeal for specific items.

They have been overwhelmed by the support offered by the Northamptonshire community and would like to thank everyone for their contribution to keeping our services operational.

Hope is working closely with the Northampton County Council resilience cell to help co-ordinate emergency food provision for those on low incomes in partnership with other foodbanks, sharing food, drivers, vans and storage, and sourcing as much food as possible to feed financially vulnerable people.

How you can help those in need: Join their Street by Street Campaign, send food/make a donation, sign up to easy fundraising, join one of their virtual events, visit their EBay site, take a look at their Fundraising at Home guide and support people in your community who may need food. Please see their website for more information: <https://northamptonhopecentre.org.uk/>

Weston Favell Centre Food bank. The numbers of people needing to use food banks during the lockdown has increased massively as well as the number of children going hungry because of the lack of access to free school meals. If you're able to support your local food bank either by donating food, offering financial support, or volunteering, the food bank would really encourage you to get involved. The food banks rely on donations from their local communities and you can find out more about how to do so on their website:

<https://westonfavellcentre.foodbank.org.uk/> It's also worth keeping an eye on their social media platforms for more information about what items they're particularly in need of. You can drop off items at the food bank itself or a local donation point; you'll find those details on their website too, together with details of how to make a financial donation if that is your preference.

Laudato Si' Week. The week honours the fifth anniversary of Pope Francis' encyclical on care for our common home. The theme of the week is "everything is connected." This week launches a year-long journey of transformation, as we grow through the crisis of the current moment by praying, reflecting, and preparing together for a better world to come tomorrow. Following Pope Francis' invitation to join Laudato Si' Week, Catholics everywhere will reflect and prepare for action 16-24 May. See the website: <https://laudatosiweek.org/> for more information, prayer and resources. Also, on 24 May, we come together in solidarity. Join Catholics from around the world in prayer at noon. You will find a prayer on the link above.

Ascension and Pentecost. This Thursday is the solemnity of the Ascension; the fortieth day after Easter Sunday, which commemorates the Ascension of Christ into heaven. After His Ascension into heaven, Jesus commanded His disciples and Mary to come together in the upper room to devote themselves to constant prayer. They prayed for nine days before receiving the Holy Spirit on Pentecost. Catholics choose to use the nine days which pass between Ascension Thursday and Pentecost for prayer, in the form of the **Pentecost Novena**. The term "novena," a traditional form of devotional prayer, comes from the Latin word for nine and recalls those nine days of prayer. The prayer of Jesus' disciples and Mary is much like our own prayer. After Jesus was "lifted up" (Acts 1:9), his friends and followers must have felt somewhat empty and confused. "What now?" We may feel the same sometimes when prayers seem to go unanswered or faith seems to help hardly at all.

This novena provides a way to discern our own roles in the New Evangelization by praying for the gifts of the Holy Spirit. These gifts, obtained at Baptism, and received in a fuller, more perfect form at Confirmation; strengthen our personal lives and our life in the Church – in particular, those two forms of the Church to which we are closest: the Church in the Home and the Church in our Parish. May all those who use this novena pray in one voice, "Come, Holy Spirit!"

To pray the Novena, open yourself up to the movement of the Holy Spirit and begin with the daily opening prayer, found at the beginning of each of the days in the following novena. Then meditate upon the words found in the reflection and prayer for the day. End with the concluding prayer, found at the bottom of each of the days. You then recite the following Act of Consecration.:

An Act of Consecration to the Holy Spirit

On my knees - before the great multitude of heavenly witnesses - I offer myself, soul and body, to You, eternal Spirit of God. I adore the brightness of Your of your purity, the unerring keenness of Your justice, and the might of Your love. You are the Strength and the Light of my soul. In You I live and move and am. I desire never to grieve You by unfaithfulness to grace and I pray with all my heart to avoid any sin against You. Mercifully guard my every thought, and grant that I may always watch for Your light and listen to Your voice and follow Your gracious inspirations. I cling to You, and give myself to You, and ask You - by your compassion - to watch over me in my weakness. Holding the pierced Feet of Jesus - and looking at His Five Wounds - and trusting in His Precious Blood - and adoring His opened Side and stricken Heart - I implore You, Adorable Spirit, Helper of my infirmity, to keep me in your grace that I may never sin against You. Give me grace, O Holy Spirit - Spirit of the Father and the Son - to say to You always and everywhere, "Speak, Lord - for your servant is listening." Amen.

Day One – Wisdom

Recite Opening Prayer: Holy Spirit, Lord of Light, From Thy clear celestial height, Thy pure beaming radiance give. Come, Thou Father of the poor! Come, with treasures which endure! Come, Thou Light of all that live! Thou, on those who evermore, Thee confess and Thee adore, In Thy Sevenfold Gift s descend. Give them comfort when they die, Give them life with Thee on high, Give them joys which never end. Amen.

Very truly, I tell you, if you ask anything of the Father in my name, he will give it to you. John 16:23

Reflection:

Jesus does not suggest that prayer is a way to force God's hand, as if all I need do is use the right words – "I ask this in Jesus' name" – and God will give me whatever I want. The "you" in Jesus' words is plural, not singular. It refers to the community of faith gathered in his name and heard by God, our loving Father. What might this have meant to Jesus' disciples gathered in his name? His resurrection hit them like a bombshell; and, at his Ascension he had been "lifted up" (Acts 1:9) before their wondering eyes. Jesus had said that He would send the Holy Spirit, but how long must they wait? When would their prayers be answered? Wisdom guides us to pray patiently and with an open heart, ready for whatever may come. Wisdom helps us to know what to pray for and where to use the talent and resources God gives us. Equally important, Wisdom opens our eyes to see God's response to our prayers when there seems to be no response at all. When Jesus died on the cross and was buried, he looked like the biggest failure who ever lived. Wisdom helped his disciples see the triumph of Jesus' cross, and it can help us do likewise. We receive the gift of Wisdom at our Baptism and affirm it at Confirmation, but we must be willing to use it.

Prayer: Come, Holy Spirit, fill us with the clear light of your Wisdom. Help us to pray for what we need to follow Jesus faithfully. Help us to use the gift of Wisdom to serve one another. Help us to see that Wisdom is a gift to all those you have gathered, not just a few. Give us Wisdom to embrace the truth wherever we may find it.

Recite Concluding Prayer: O Lord Jesus Christ, Who, before ascending into heaven, promised to send the Holy Spirit to finish Your work in the souls of Your apostles and disciples, grant the same Holy Spirit to me, that He may perfect in my soul the work of Your grace and Your love. Grant me the Spirit of Wisdom that I may not be attached to the perishable things of this world, but aspire only after the

things that are eternal; the Spirit of Understanding to enlighten my mind with the Light of Your Divine Truth; the Spirit of Counsel that I may ever choose the surest way of pleasing God and gaining heaven; the Spirit of Fortitude that I may bear my cross with You and that I may overcome with courage all the obstacles that oppose my salvation; the Spirit of Knowledge that I may know God and know myself, and grow perfect in the science of the Saints; the Spirit of Piety that I may find the service of God sweet and amiable; the Spirit of Fear of the Lord that I may be filled with loving reverence towards God and may avoid anything that may displease Him. Mark me, dear Lord, with the sign of Your true disciples and animate me in all things with Your Holy Spirit. Amen.

Recite Act of Consecration to the Holy Spirit at the beginning of the novena.

Day Two – Understanding

Recite Opening Prayer Holy Spirit, Lord of Light...

And we know that the Son of God has come and has given us understanding... John 5:20

Reflection:

The disciples of Jesus didn't have the foggiest idea what was going on much of the time during Jesus' public ministry. They certainly didn't understand when Jesus was arrested and crucified. They remained in the dark even after they encountered the risen Christ and witnessed his Ascension. Only at Pentecost, when they were "filled with the Holy Spirit" (Acts 2:4) did they understand and begin to proclaim the meaning of their faith. The Holy Spirit's gift of Understanding enables us to grasp the meaning of faith in whatever circumstances we find ourselves. This does not mean easy answers to all ethical questions, solutions to all our crises. The gift of Understanding doesn't eliminate mystery; if anything, it increases our respect for the mystery of life, the world and our own existence. Above all, it helps us appreciate more deeply the mystery of our faith as it unites us to God and to one another. To cultivate Understanding it is most necessary to imitate Jesus' disciples in their dedication to prayer. The gift of Understanding helps us to see that God loves us with love that has no strings attached, no conditions and no limits.

Prayer: Come, Holy Spirit, make alive in us the gift of Understanding that we may grasp how immeasurable is Your love for us. Help us to understand how we might better live our faith in our ordinary, everyday lives. Guide us as we struggle with the difficult moral and spiritual issues of our time.

Recite Concluding Prayer: O Lord Jesus Christ, Who, before ascending into heaven...

Recite Act of Consecration to the Holy Spirit at the beginning of the novena.

Day Three – Counsel

Recite Opening Prayer: Holy Spirit, Lord of Light...

The knowledge of the wise will increase like a flood, and their counsel is like a life-giving spring. Sirach 21:13

Reflection:

Jesus' disciples may not have known exactly what to do next after the Ascension, but the Acts of the Apostles tells us that they had their wits about them, for they spent their day "constantly devoting themselves to prayer" (Acts 1:14). They knew that they needed Counsel, or advice, from God. The Holy Spirit's gift of Counsel leads us to prayerful contemplation of Scripture and the teaching and tradition of the Church so that we may have God's "advice" to influence our lives. At the same time, the gift of Counsel enables us to advise one another according to the Spirit of Jesus. We need both to seek and to give good advice in the life of Christian faith, and the gift of Counsel makes it possible for us to do so. However, Counsel is a gift that shapes more than just our personal spirituality and relationships. As a Church, we are called to offer "good counsel" to the society in which we live as it strives to deal with the social, cultural, economic and political issues of our day.

Prayer: Come, Holy Spirit, nourish in our hearts the gift of Counsel that we may know when to speak and when to be silent. By Your gift of Counsel, strengthen in us our ability to advise and guide one another as we respond to your guidance in our lives. Help us, as a community of faith, to counsel our society in ways of love, not condemnation.

Recite Concluding Prayer: O Lord Jesus Christ, Who, before ascending into heaven...

Recite Act of Consecration to the Holy Spirit at the beginning of the novena.

Day Four – Fortitude

Recite Opening Prayer: Holy Spirit, Lord of Light...

Do not let your hearts be troubled, and do not let them be afraid. John 4:27

Reflection:

Time and again in the Gospels, Jesus tells his disciples to be not afraid and to trust in the love of our Father in heaven. In practical terms, he is telling us to rely on the Holy Spirit's gift of Fortitude, or courage. An imitation faith would have us believe that if only we trust God enough, nothing unpleasant will happen to us. One look at Jesus on the cross reveals the lie to such cheap faith as that. Genuine faith, on the other hand, tells us that the thing we fear may well happen; but, in the long run, it is nothing to worry about for God will provide for

us. Fortitude helps us accept life's pain, tragedies and suffering with a "this, too, shall pass" attitude. St. Thomas Aquinas said that the principle activity of the gift of Fortitude is "endurance, standing one's ground in the midst of danger." The gift of Fortitude enables us to act with love and compassion even when we are afraid – even in the face of tragedy – even in the face of death itself.

Prayer: Come, Holy Spirit, fill us anew with Your gift of Fortitude. Help us to see that life's sufferings and troubles are temporary. Help us always to see the light at the end of the tunnel. By Your gift of Fortitude, may we face each new day with the determination to act in all things with love.

Recite Concluding Prayer: O Lord Jesus Christ, Who, before ascending into heaven...

Recite Act of Consecration to the Holy Spirit at the beginning of the novena.

Day Five – Knowledge

Recite Opening Prayer: Holy Spirit, Lord of Light...

May grace and peace be yours in abundance in the knowledge of God and Jesus our Lord. || Peter 1:2

Reflection:

We live in what is sometimes called the "information age", a time when there is more and more information more and more readily available through computers and other technological means. All the information in the world, however, isn't the same as the gift of Knowledge. The gift of Knowledge that comes from the Holy Spirit is very different from human knowledge. It helps us to distinguish between what to believe and what not to believe. St. Thomas Aquinas says that this gift gives us a share in God's simple insight into the truth in a given situation, and then helps us to act in the light of the insight. The gift of Knowledge puts us in communion with God's own perspective in a particular set of circumstances. It is also Knowledge about God. This is what St. Paul has in mind when he exclaims, "O the depth of the riches and wisdom and knowledge of God!" (Romans 11:33).

Prayer: Come, Holy Spirit, increase in us Your gift of Knowledge that we may know You more intimately. Help us to see more clearly what to believe and what not to believe. We live in such a complex time! When our limited human knowledge reveals so many grey areas between right and wrong, help us to recognize how you would have us act so that our behaviour may show forth Your infinite love.

Recite Concluding Prayer: O Lord Jesus Christ, Who, before ascending into heaven...

Recite Act of Consecration to the Holy Spirit at the beginning of the novena.

Day Six – Piety

Recite Opening Prayer: Holy Spirit, Lord of Light...

Always be ready to make...an accounting of the hope that is in you; yet do it with gentleness and reverence. | Peter 3:15

Reflection:

Next time you're in line at a bank, cinema, café or fast food restaurant, listen to how people relate to one another. "Cash this cheque for me." "Give me two tickets to the five o'clock film." "I'll have a hamburger, large fries and a coke." People seem to use "please" and "thank you" less and less often. We relate to one another more as objects than as persons made in the image of God. Maybe when we don't relate to God with reverence, we forget to treat one another with reverence, too. The gift of Piety inclines us to honour and respect God and others, no matter who they are or whether we know them or not. Human beings deserve respect no matter what their opinions on controversial issues. The gift of Piety inclines men and women to respect each other. In fact, whenever we relate to one another with reverence, God is there. And, above all, Piety inclines us to respect God, His Name, and all that pertains to Him and our holy Faith.

Prayer: Come, Holy Spirit, renew in us Your gift of Piety that we might reverence You and one another with honour and respect. Help us to be respectful toward one another in our homes, in our relationships at work and with people we don't know. Help us, above all, to have a faith that is deeply reverent.

Recite Concluding Prayer: O Lord Jesus Christ, Who, before ascending into heaven...

Recite Act of Consecration to the Holy Spirit at the beginning of the novena.

Day Seven – Fear of the Lord

Recite Opening Prayer: Holy Spirit, Lord of Light...

His mercy is for those who fear him from generation to generation. Luke 1:50

Reflection:

Faith liberates us from slavery to fear, anxiety and worry. "Have no dread," says Deuteronomy (7:21), "for the Lord your God who is present with you is a great and awesome God." The gift of Fear of the Lord does not make us frightened of God; rather, it instils in us a

sense of wonder at the enormity of God's love and its power in our lives. The more we "fear the Lord," the more we are prepared to abandon ourselves to that tremendous love. In the Acts of the Apostles, we find the example of Cornelius, a military leader who "was a devout man who feared God" (10:2). The result of Cornelius' fear of the Lord was that "he gave alms generously to the people and prayed constantly to God." Fear of the Lord, then, leads us to a deeper spirituality and a more generous sharing of what we have with those who have less.

Prayer: Come, Holy Spirit, increase in us your gift of Fear of the Lord. Help us to see with the eyes of faith God's tremendous love for us. Through this gift, deepen the spirit of prayer in our lives and help us to share more generously our time, talent and treasure.

Recite Concluding Prayer: O Lord Jesus Christ, Who, before ascending into heaven...

Recite Act of Consecration to the Holy Spirit at the beginning of the novena.

Day Eight – The "Home" Church

Recite Opening Prayer: Holy Spirit, Lord of Light...

When Lydia and her household were baptized, she urged us... (to) "come and stay at my home." Acts 16:15

Reflection:

When the Church was born on the first Pentecost, it didn't come into existence as we know it today. It took centuries for the Church to develop its various institutions and structures. From the earliest days, however, Christians gravitated to one another's homes to pray and celebrate the Eucharist together. Indeed, some Scripture scholars call the household the basic unit of the first century Christian community. Today, more and more Christians have a better understanding that the family is the foundational church, the basic unit of society and of the Church itself. The "Home" Church is where we encounter Christ most frequently by putting our Faith into practice. This is true for traditional two-parent families, single-parent families, blended families and for single people in the context of their extended family relationships.

Prayer: Come, Holy Spirit, bring a new birth to the countless families that make up the foundation of the Church. Heal and renew marriages, parent-child relationships and all the human intimacy that constitutes family life. Help family members feel God's love for them through their love for one another.

Recite Concluding Prayer: O Lord Jesus Christ, Who, before ascending into heaven...

Recite Act of Consecration to the Holy Spirit at the beginning of the novena.

Day Nine – The Parish Church

Recite Opening Prayer: Holy Spirit, Lord of Light...

The churches of Asia send greetings. Aquila and Pricisa, together with the church in their house, greet you warmly in the Lord. I Corinthians 16:19

Reflection:

The parish as we know it today developed during the Middle Ages. Other forms of local Christian community existed prior to the parish, and before that the domestic, or home, Church was the form of faith community Christians identified with first. For most people, their parish is what they think of when they think of the Church. In our parishes we gather as a family of worship and we support and educate one another. In a world that can be cold and impersonal sometimes, parishes need to provide a place to gather as the friends and followers of the risen Christ. Parishes need to nourish the households that constitute the parish, including families, single people, widowed people, and couples whose children are grown and gone. At the same time, we parishioners need to share our time and other resources so that our parish can fulfil its mission.

Prayer: Come, Holy Spirit, open our hearts to receive and use the gifts of the Holy Spirit in our parishes. Help us to see and respond to the needs of our people. Help us to support and encourage the variety of vocations found in our parishes. Above all, help us all to be the Mystical Body of Christ in the world.

Recite Concluding Prayer: O Lord Jesus Christ, Who, before ascending into heaven...

Recite Act of Consecration to the Holy Spirit at the beginning of the novena.