



# Pentecost

## BE STILL

Take a moment to allow whatever is in your heart to rise and offer your thoughts to the loving care of the Risen Lord today.

### Listen or Sing

**Abide, O Spirit of Life** (David Haas)

via: [https://www.youtube.com/watch?v=YZGj\\_opM9fM](https://www.youtube.com/watch?v=YZGj_opM9fM)

### Gathering Prayer

Christ yesterday and today  
The beginning and the end  
Alpha and and Omega  
all time belongs to him  
and all the ages  
to him be glory and power  
through every age forever, Amen.  
Alleluia.

## THE GOSPEL

(for the Feast of Pentecost)

A reading from the holy Gospel according to John  
(20:19-23)

*In the evening of the first day of the week, the doors were closed in the room where the disciples were, for fear of the Jews. Jesus came and stood among them. He said to them, 'Peace be with you,' and showed them his hands and his side. The disciples were filled with joy when they saw the Lord, and he said to them again, 'Peace be with you.*

*'As the Father sent me, so am I sending you.' After saying this he breathed on them and said: 'Receive the Holy Spirit. For those whose sins you forgive, they are forgiven; for those whose sins you retain, they are retained.'*

The gospel of the Lord.

### Ponder

Re-read the gospel.

Pope Francis in *Evangelii Gaudium* (2013) noted that in the presence of God, during a recollected reading of the text, it is good to practice *Lectio Divina* – the reading of God's word in prayer asking that it 'enlighten and renew' us. The following questions may help with this:

- Lord, what does this text mean to me?
- What is it about my life that you want me to change by this text?
- What troubles me about this text?
- Why am I not interested in this?
- What do I find pleasant about this text?
- What is it about this word that moves me?
- What attracts me?
- Why does it attract me?

### Reflect

Pope Francis in his 2017 homily on the Feast of Pentecost noted: ... *A Christian without memory is not a true Christian. He is only half Christian, he is a man or a woman who is a prisoner of the moment, who does not see his or her history as a treasure, does not know how to read it or live it as history of salvation. But with the help of the Holy Spirit, we can interpret the interior inspirations and events of life in the light of Jesus' words. And, thus, there grows in us the wisdom of memory, the wisdom of the heart, which is a gift of the Spirit. May the Spirit revive the Christian memory in each us! ...*

Perhaps this week offers the opportunity to reflect on how the wisdom of the spirit is alive and active in our lives and in our world. And perhaps it is also a reminder to us that when we find it difficult to see the work of the spirit in our lives we can trust in our sacred memory and be confident that yes, even in the midst of suffering and disappointment, the spirit is alive and active in our hearts and the world.

## RESPOND

### Pray

#### The Sequence of Pentecost

*Holy Spirit, Lord of Light, From the 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, of all consolers best, Thou, the soul's delightful guest,  
Dost refreshing peace bestow.*

*Thou in toil art comfort sweet; Pleasant coolness in the heat;  
Solace in the midst of woe.*

*Light immortal, Light divine, Visit thou these hearts of thine,  
And our inmost being fill.*

*If thou take thy grace away, Nothing pure in us will stay;  
All our good is turned to ill.*

*Heal our wounds, our strength renew; On our dryness pour thy dew,  
Wash the stains of guilt away.*

*Bend the stubborn heart and will; Melt the frozen, warm the chill;  
Guide the steps that go astray.*

*Thou, on us who evermore Thee confess and thee adore,  
With thy sevenfold gifts descend.*

*Give us comfort when we die; Give us life with thee on high;  
Give us joys that never end.*

*Amen. Alleluia.*