

# Our Faith on Sunday

## GOSPEL REFLECTION

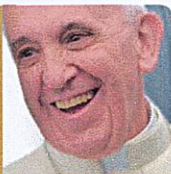


We call ourselves “Christians” and so it is only right that our focus is on Christ. But we need to be reminded that without the Holy Spirit our Christianity is lifeless. In his letter to the Romans St. Paul writes: “The love of God has been poured into our hearts through the Holy Spirit who has been given to us” (Rom 5,5). Our heart is made to love but our human efforts to love often end up in failure. Even the best expressions of this love that we find in the relationships between husband and wife, parents and children all too often witness conflict, division, resentment, and even bitter hatred. The divine love that we receive from the Holy Spirit is the one Paul refers to in his letter to the Corinthians: “Love is patient, love is kind. It does not envy, it does not boast,

it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres” (1 Cor 13: 4-7). This is the gift that we receive in Baptism. But to be effective it requires my cooperation. I must consciously put aside all those feelings and attitudes, desires and thoughts such as envy, jealousy, greed, bitterness, revenge, selfishness which poison any attempt to love. If Pentecost is not just to remain just a liturgical feast, we are called to be channels of this divine love for everyone we encounter without exceptions.



### POPE FRANCIS' ENCYCLICAL FRATELLI TUTTI BROTHERS AND SISTERS ALL



### AN APPEAL

285. In my fraternal meeting, which I gladly recall, with the Grand Imam Ahmad Al-Tayyeb, “we resolutely [declared] that religions must never incite war, hateful attitudes, hostility and extremism, nor must they incite violence or the shedding of blood. These tragic realities are the consequence of a deviation from religious teachings. They result from a political manipulation of religions and from interpretations made by religious groups who, in the course of history, have taken advantage of the power of religious sentiment in the hearts of men and women... God, the Almighty, has no need to be defended by anyone and does not want his name to be used to terrorize people”. [284] For this reason I would like to reiterate here the appeal for peace, justice and fraternity that we made together:

“In the name of God, who has created all human beings equal in rights, duties and dignity, and who has called them to live together as brothers and sisters, to fill the earth and make known the values of goodness, love and peace;

“In the name of innocent human life that God has forbidden to kill, affirming that whoever kills a person is like one who kills the whole of humanity, and that whoever saves a person is like one who saves the whole of humanity;

“In the name of the poor, the destitute, the marginalized and those most in need, whom God has commanded us to help as a duty required of all persons, especially the wealthy and those of means;

285. Ibid.

### Prayer of St Bonaventure

Pierce the depths of my soul, O sweetest Lord Jesus, with the most delightful and most wholesome wound of your love, with true, serene, and most holy apostolic charity, that my soul may always languish and melt with love and longing for you. May it yearn for you and swoon for your courts, and long to be detached and be with you. Grant that I may hunger for you, the bread of angels, the refreshing food of holy souls, our daily, life-sustaining bread, containing all sweetness and relish, and all delicate delight. May I always hunger for you and feed on you—you on whom the angels desire to gaze. May the depths of my soul be filled with the sweetness of your taste. May my heart always thirst for you, the flowing source of life, the fountain of wisdom and knowledge, the fountain of eternal light, the gushing stream of pleasure, the abundance of the house of God. May my heart always desire you, seek you and find you.



**ENTRANCE ANTIPHON**

The Spirit of the Lord has filled the whole world  
and that which contains all things  
understands what is said, alleluia.

Wis 1: 7

**SEQUENCE**

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 man will stay;  
all his 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.

**ACCLAMATION BEFORE THE GOSPEL**

Alleluia, alleluia.

Come, Holy Spirit, fill the hearts of your faithful  
and kindle in them the fire of your love.  
Alleluia.

**GOSPEL**

The Lord be with you.

And with your spirit.

A reading from the holy Gospel according to John.

Glorify you, O Lord.

John 20:19-23

On the evening of that day, the first day of the week, the doors being locked where the disciples were for fear of the Jews, Jesus came and stood among them and said to them, 'Peace be with you.' When he had said this, he showed them his hands and his side. Then the disciples were glad when they saw the Lord. Jesus said to them again, 'Peace be with you. As the Father has sent me, even so I am sending you.' And when he had said this, he breathed on them and said to them, 'Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them; if you withhold forgiveness from any, it is withheld.'

R.

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

R.

**PRAYER OVER THE OFFERINGS**

Grant, we pray, O Lord,  
that, as promised by your Son,  
the Holy Spirit may reveal to us more abundantly  
the hidden mystery of this sacrifice  
and graciously lead us into all truth.  
Through Christ our Lord.  
Amen.

R.

**COMMUNION ANTIPHON**

They were all filled with the Holy Spirit  
and spoke of the marvels of God, alleluia.

Acts 2:4,11

**PRAYER AFTER COMMUNION**

O God, who bestow heavenly gifts upon your Church,  
safeguard, we pray, the grace you have given,  
that the gift of the Holy Spirit poured out upon her  
may retain all its force  
and that this spiritual food  
may gain her abundance of eternal redemption.  
Through Christ our Lord.  
Amen.

**COLLECT**

O God, who by the mystery of today's great feast  
sanctify your whole Church in every people and nation,  
pour out, we pray, the gifts of the Holy Spirit  
across the face of the earth  
and, with the divine grace that was at work  
when the Gospel was first proclaimed,  
fill now once more the hearts of believers.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of  
the Holy Spirit,  
God, for ever and ever.  
Amen.

**FIRST READING**

A reading from the Acts of the Apostles.

Acts 2:1-11

When the day of Pentecost arrived, the Apostles were all together in one place. And suddenly there came from heaven a sound like a mighty rushing wind, and it filled the entire house where they were sitting. And divided tongues as of fire appeared to them and rested on each one of them. And they were all filled with the Holy Spirit and began to speak in other tongues as the Spirit gave them utterance.

Now there were dwelling in Jerusalem Jews, devout men from every nation under heaven. And at this sound the multitude came together, and they were bewildered, because each one was hearing them speak in his own language. And they were amazed and astonished, saying, 'Are not all these who are speaking Galileans? And how is it that we hear, each of us in his own native language? Parthians and Medes and Elamites and residents of Mesopotamia, Judea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the parts of Libya belonging to Cyrene, and visitors from Rome, both Jews and proselytes, Cretans and Arabians — we hear them telling in our own tongues the mighty works of God.'

The word of the Lord.

Thanks be to God.

**PSALM**

Psalms 104(103):1ab, 24ac, 29b-30, 31, 34. R. cf. 30

R. Send forth your spirit, O Lord, and renew the face of the earth.

or: Alleluia.

Bless the LORD, O my soul!  
O LORD my God, how great you are!  
How many are your works, O LORD!  
The earth is full of your creatures.

You take away their breath, they die,  
returning to the dust from which they came.  
You send forth your spirit, and they are created,  
and you renew the face of the earth.

May the glory of the LORD last for ever!  
May the LORD rejoice in his works!  
May my thoughts be pleasing to him.  
I will rejoice in the LORD.

**SECOND READING**

A reading from the First Letter of Saint Paul to the Corinthians.

1 Corinthians 12:3b-7, 12-13

Brothers and sisters: No one can say 'Jesus is Lord' except in the Holy Spirit. Now there are varieties of gifts, but the same Spirit; and there are varieties of service, but the same Lord; and there are varieties of activities, but it is the same God who empowers them all in everyone. To each is given the manifestation of the Spirit for the common good. For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. For in one Spirit we were all baptised into one body — Jews or Greeks, slaves or free — and all were made to drink of one Spirit.

The word of the Lord.

Thanks be to God.