

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

The Spirit of the Lord fills the whole world.
It holds all things together.

Entrance Antiphon

The apostles ... were all filled with the Holy Spirit. *First Reading*

The spirit you received is not the spirit of slaves bringing fear into your lives again: it is the spirit of sons and daughters, and it makes us cry out, 'Abba, Father!'

Second Reading

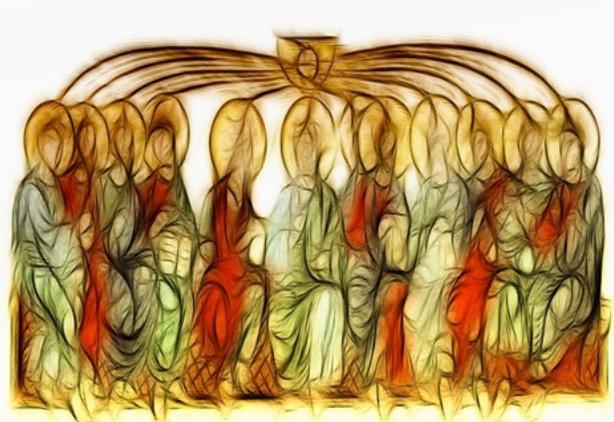
The Advocate, the Holy Spirit,
whom the Father will send in my name,
will teach you everything,
and remind you of all I have said to you.

Gospel

God our Father, let the Spirit you sent on your Church
to begin the teaching of the Gospel
continue to work in the world
through the heart of all who believe.

Old Opening Prayer

This week's texts if you want to reflect further:
Acts 2: 1–11; Psalm 103 (104); Romans 8: 8–17; John 14:15–16.23–26



They were
all filled
with the
Holy Spirit

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ST. BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM



Pentecost Sunday
Year C, 9th June 2019

**The Spirit of God
has made his home in you.
Everyone moved by the Spirit
is a son of God.**

Today marks the climax of the great Fifty Days of Eastertide. Christians celebrate the coming of the Holy Spirit, and with it, the birth of the Church, the Body of Christ here on earth.

Jesus promises his disciples at the Last Supper that both he and the Father will love those who love them and their ways: together they will make their home with us. Jesus also promises his followers the Holy Spirit, the 'Advocate', who will teach them everything and will be their comforter forever. **(Gospel)**

The poetic **Psalm** offers us a meditation on both the goodness of the creator God and the life-giving role of the Spirit on the face of the earth.

The **First Reading** from Acts describes how the Spirit fills the timid disciples with courage and also removes barriers between peoples. The success of the apostles as they preach in different languages reflects Christ's universal mission.

In the **Second Reading**, Paul presents his understanding of the dynamic role of the Spirit of Christ. We now live in a new era, inhabited and dominated by the transforming power of the Holy Spirit.

This week, let us celebrate and ask to feel a sense of Spirit-filled awareness and joy, as we pray that we may work with the Trinity and each other in the service of the Church.

Opening Prayer

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.

Psalm 103 (104)

**R/. Send forth your Spirit, O Lord,
and renew the face of the earth.**

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

You take back your spirit, they die,
returning to the dust from which they came.
You send forth your spirit, 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 find my joy in the Lord.

I allow time to slow down, using my preferred way of stilling.

I remember that I am in the Lord's gaze. He is ever-waiting, humbly patient and eager for me to attend him.

I thoughtfully read the psalm a number of times; I make the psalmist's prayer my own. In the presence of the Holy Spirit, I notice what stirs me.

My attention may be drawn to the joyful gratitude of the psalmist for the Lord's works and creation. He expresses praise from his very soul, his deepest self.

I may feel moved to express my own appreciation for God's goodness in giving me the riches of the earth. I allow my deep-felt gratitude for the wonder of creation to well up now, and maybe throughout the day.

Perhaps I am invited to ponder on the life-giving nature of the Holy Spirit; the Spirit who desires to renew and recreate me.

I may call to mind parts of my life that need healing ...

or I may desire the Lord to show me where I need more inner freedom to follow his path.

In trust, I speak with the Lord about what has arisen in my prayer time.

As I draw my prayer to a close, I rest in gratitude before the Lord.

Gospel John 14:15 –16.23–26

Jesus said to his disciples,
'If you love me, you will keep my commandments.
I shall ask the Father, and he will give you another Advocate
to be with you forever.
If anyone loves me, he will keep my word,
and my Father will love him,
and we shall come to him
and make our home with him.
Those who do not love me do not keep my words.
And my word is not my own;
it is the word of the one who sent me.
I have said these things to you while still with you;
but the Advocate, the Holy Spirit,
whom the Father will send in my name,
will teach you everything
and remind you of all I have said to you.'

I prepare for prayer by deliberately slowing down, asking God's Spirit to grant me inner stillness of mind and heart. I express desire for the gift of the Advocate; who has already made his home in me.

I ask the Spirit of Christ to guide and teach me as I read today's Gospel. I gently permit Jesus's profound words to sink in.

Maybe I imagine they are spoken directly to me. I may insert my own name into the text if this helps makes it more personal and real for me.

I stay some time with a particular word or phrase.

I talk with Jesus about any responses I have to his guidance.

I read the Gospel again. Maybe I feel challenged by Jesus's words ... and hear a call to an even deeper love for the Creator and all of his creation?

Perhaps I feel comforted by Jesus's promise that he and the Father will together make their home in me; I can be reassured by the promise of the Advocate who will teach me everything.

I rest in prayerful silence with my attention centered on God, allowing the Lord to touch me as he wills. Trusting in his love, I share what arises.

I end my time of prayer asking the Risen Lord for whatever grace I need.

Our Father ...