

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

The love of God has been poured into our hearts through the Spirit of God dwelling within us, alleluia!
Entrance Antiphon

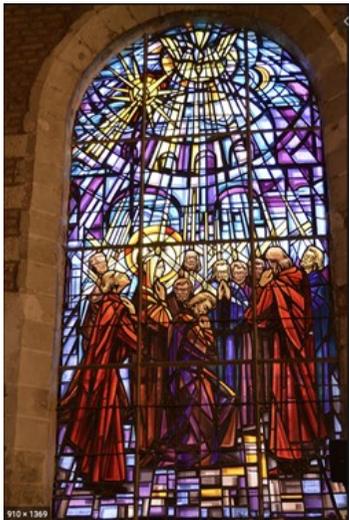
Send forth your spirit, O Lord,
and renew the face of the earth.
Psalm Response

There are all sorts of service to be done.
Second Reading

Jesus said, 'Receive the Holy Spirit.'
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 hearts of all who believe.
Old Opening Prayer

This week's texts if you want to explore further:
Acts 2: 1–11; Psalm 103 (104); 1Cor. 12: 3–7.12–13; John 20: 19–23



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

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ST BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM



Pentecost Sunday
Year A
31st May 2020

'Peace be with you!'

Pentecost, seen as the birthday of the Christian Church, is the culmination of Eastertide. It is the day when we celebrate the gift of the Holy Spirit and the start of the Church's mission to the world – a mission to bring people to God. We hear of this in the **Gospel**, when the risen Jesus comes to the disciples in the locked room bringing peace. He shows them his wounds, encouraging them to believe that he is indeed risen from the dead, and sends them out.

In the **First Reading** the disciples receive the gift of the Holy Spirit, bringing them courage and the ability to speak different languages. Now they can reach out to all nations, telling the peoples about God.

The **Psalm** praises God's greatness, celebrating all the riches and goodness that the Spirit freely gives to 'renew the face of the earth'.

The **Second Reading** speaks of the gifts that God's Spirit gives to each one of us. Working together in different ways towards a common aim, Paul compares us to a human body – each part working towards the well-being of the whole.

As we celebrate Pentecost and the birthday of the Church, we might like to reflect on the particular role that God has for each one of us. This week, I might ponder the contribution that I myself can make to the mission of the Church, and to all those around me.

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.

Second Reading 1 Corinthians 12: 3–7, 12–13

No one can say, 'Jesus is Lord' unless he is under the influence of the Holy Spirit.

There is a variety of gifts but always the same Spirit; there are all sorts of service to be done, but always to the same Lord; working in all sorts of different ways in different people, it is the same God who is working in all of them. The particular way in which the Spirit is given to each person is for a good purpose.

Just as a human body, though it is made up of many parts, is a single unit because all these parts, though many, make one body, so it is with Christ. In the one Spirit we were all baptised, Jews as well as Greeks, slaves as well as citizens, and one Spirit was given to us all to drink.

As I come to stillness, I may wish to have a lighted candle beside me, symbolizing that Christ is present with me. With St Paul, I ask that I may always be 'under the influence of the Holy Spirit'.

Whenever I feel ready, I slowly read, pray, and ponder Paul's words. I stay with any word or phrase that especially strikes me ... maybe the variety of gifts ... or that the same Spirit is given to us all ... or something else?

Reflecting back over my life, there may have been times where I can now see the Spirit was at work. I ponder what happened. How did I use my own gifts?

Maybe I think of the ways in which people – myself included – are using their various gifts now, especially during this current Coronavirus crisis. I give thanks for all these contributions made for the common good, in my community ... my country ... the whole world.

I may like to tell Jesus exactly how I feel – just as I would a really close friend. I listen to what he has to say, knowing that he loves me always.

As I draw this part of my prayer to a close, maybe there is a particular gift I would like to ask God for?

I give thanks, saying *Glory be* ...

Gospel 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.'

As I settle into my place of prayer, I take time to notice how I am feeling, both mentally and physically. I acknowledge that God is present with me.

When I am ready, I slowly read and re-read the Gospel.

I stay with any word or phrase that touches me.

I may sense the fear and loneliness of the disciples locked in the house. Perhaps this resonates with recent weeks when I may have had to self-isolate, or felt afraid of going out due to the ongoing pandemic.

If it helps, I may like to place myself in the scene.

How do I feel as I see Jesus come into the room and I hear him say *to me*, 'Peace be with you'?

I sense his closeness as he breathes the gift of the Holy Spirit into my heart.

What difference does his presence make? Maybe I have a sense of hope ... or joy ... or comfort? How might I like to respond?

Hearing Jesus speak about forgiveness may bring to mind a time when I have forgiven someone, or someone has forgiven me. How do I feel now? Maybe there are areas in my own life where I haven't felt at peace, whether now or in the past?

Whatever is stirring within my heart, I talk to Jesus about it now.

I listen to whatever he is saying to me, drawing comfort from his presence.

I close my prayer slowly, asking for any grace that I feel I myself or others may need at this difficult time. *Our Father* ...