



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

The Spirit of the Lord has filled the whole world.
Entrance Antiphon

Come, thou Father of the poor, Come with treasures that endure;
Come, thou light of all that live! *Sequence for Pentecost*

'What the Spirit brings is ... love, joy, peace, patience, kindness,
goodness, trustfulness, gentleness and self-control. *Galatians 5: 22*

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 believers. *Old Opening Prayer*

Overcome with Paschal joy, every land, every people exults in
your praise. *Preface*

AMDG



PENTECOST SUNDAY
YEAR C, 15 MAY 2016



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

OPENING PRAYER

Let us pray in the Spirit who dwells within us.

Father of light, from whom every good gift comes,
send your Spirit into our lives with the power of a mighty wind,
and by the flame of your wisdom open the horizons of our mind.

Loosen our tongues to sing your praise
in words beyond the power of speech, for without your Spirit
man could never raise his voice in words of peace
or announce the truth that Jesus is Lord.

*On this final day of Eastertide, we celebrate not only the coming of the
Advocate, the Holy Spirit, but also the birth of the Church.*

Today especially, I ask the Holy Spirit to guide my prayer.

When I feel calm and collected, I read the opening prayer slowly and
reflect on the images of the Holy Spirit.

Do I think of the Spirit in terms of wind and fire or in some other way?
What is my favourite image?

What pictures do wind and fire conjure up in my mind? Gentleness or
strength, warmth or burning heat?

I contemplate in my mind's eye, the varying qualities of wind and fire
and I ask God's Holy Spirit to pray within me in 'words beyond the
power of speech.'

Finally, I slowly bring my prayer to an end by thanking the Father of
light for the gift of his Spirit.

FIRST READING [PART]: ACTS 2: 1–9

When Pentecost day came round, the apostles had all met in one room, when suddenly they heard what sounded like a powerful wind from heaven, the noise of which filled the entire house in which they were sitting; and something appeared to them that seemed like tongues of fire; these separated and came to rest on the head of each of them. They were all filled with the Holy Spirit, and began to speak foreign languages as the Spirit gave them the gift of speech. Now there were devout men living in Jerusalem from every nation under heaven, and at this sound they all assembled, each one bewildered to hear these men speaking his own language. They were amazed and astonished. ‘Surely,’ they said, ‘all these men speaking are Galileans? How does it happen that each of us hears them in his own native language?’

I take time to settle into prayer, then read the text slowly. I picture the scene in the upper room: the Spirit coming as wind and fire, the disciples speaking out boldly, to the astonishment of all present. As I ponder these events what are my thoughts/feelings? I speak to God, in wonder, joy, praise, ...

The Spirit ‘filled the entire house’ and the entire being of each one. Am I open to be filled with the Spirit? Am I on fire? I may want to ask the Spirit to fill my being, to enkindle that fire that I may live my life in response to the Spirit’s guidance.

Remembering those in our world who are sick, wounded, afraid, lost, or without hope, I slowly pray one or more of these lines from the Sequence for Pentecost:

*Heal our wounds, our strength renew ...
On our dryness pour thy dew; ...
Bend the stubborn heart and will ...
Guide the steps that go astray ...*

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 word. 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.’

This passage is taken from the first part of Jesus’ final discourse to his disciples at the Last Supper. He promises to send the Holy Spirit, the Advocate.

As I begin this time of prayer I become still, present to myself and to God, aware of God’s loving gaze upon me.

I read the text, listening closely to the words of Jesus to his disciples, drinking them in, noticing the tone of his voice, the tenderness of his feelings. What are my thoughts and feelings?

I let Jesus speak these words to me personally, listening with the ear of my heart. What does he say to me? What do I want to say to him in response?

Jesus promises to send the Holy Spirit, the Advocate. Do I trust that the Spirit is active in the church and world? In my own life? What might the Spirit be pointing me towards at this time? I speak to Jesus about this, then slowly end my prayer with the Glory be to the Father, Son and Holy Spirit.