

ENTRANCE ANTIPHON

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

GLORIA

Glory to God in the highest,  
and on earth peace to people of good will.

We praise you,  
we bless you,  
we adore you,  
we glorify you,  
we give you thanks for your great glory,  
Lord God, heavenly King,  
O God, almighty Father.  
Lord Jesus Christ, Only Begotten Son,  
Lord God, Lamb of God, Son of the Father,  
you take away the sins of the world,  
have mercy on us;  
you take away the sins of the world,  
receive our prayer;  
you are seated at the right hand of the Father,  
have mercy on us.

For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High, Jesus Christ,  
with the Holy Spirit,  
in the glory of God the Father.  
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

Acts 2:1-11

A reading from the Acts of the Apostles.  
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? Parthians, Medes and  
Elamites; people from Mesopotamia, Judaea  
and Cappadocia, Pontus and Asia, Phrygia  
and Pamphylia, Egypt and the parts of Libya  
round Cyrene; as well as visitors from Rome  
– Jews and proselytes alike – Cretans and  
Arabs; we hear them preaching in our own  
language about the marvels of God.”  
The word of the Lord.  
Thanks be to God.

PSALM

Psalms 103

Response:

Send forth your Spirit, O Lord,  
and renew the face of the earth.  
or  
Alleluia!

1. 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. (R.)
2. 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. (R.)
3. 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. (R.)

SECOND READING

Romans 8:8-17

A reading from the letter of St Paul to the  
Romans.  
People who are interested only in unspiritual  
things can never be pleasing to God. Your  
interests, however, are not in the unspiritual,  
but in the spiritual, since the Spirit of God  
has made his home in you. In fact, unless you  
possessed the Spirit of Christ you would not  
belong to him. Though your body may be  
dead it is because of sin, but if Christ is in you  
then your spirit is life itself because you have  
been justified; and if the Spirit of him who  
raised Jesus from the dead is living in you,  
then he who raised Jesus from the dead will  
give life to your own mortal bodies through  
his Spirit living in you.  
So then, my brothers, there is no necessity  
for us to obey our unspiritual selves or to live  
unspiritual lives. If you do live in that way,  
you are doomed to die; but if by the Spirit  
you put an end to the misdeeds of the body  
you will live.  
Everyone moved by the Spirit is a son of  
God. The spirit you received is not the spirit  
of slaves bringing fear into your lives again;  
it is the spirit of sons, and it makes us cry out,  
“Abba, Father!” The Spirit himself and our  
spirit bear united witness that we are children  
of God. And if we are children we are heirs  
as well: heirs of God and coheirs with Christ,  
sharing his sufferings so as to share his glory.  
The word of the Lord.  
Thanks be to God.

SEQUENCE

The Sequence may be said or sung.

GOSPEL ACCLAMATION

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

GOSPEL

John 14:15-16. 23-26

A reading from the holy Gospel according to  
John.  
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 for ever.  
“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.”  
The Gospel of the Lord.  
Praise to you, Lord Jesus Christ.

PROFESSION OF FAITH

I believe in God,  
the Father almighty,  
Creator of heaven and earth,  
and in Jesus Christ, his only Son, our Lord,  
(all bow during the next two lines)

who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died and was buried;  
he descended into hell;  
on the third day he rose again from the dead;  
he ascended into heaven,  
and is seated at the right hand of God the  
Father almighty;  
from there he will come to judge the living  
and the dead.  
I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and life everlasting.  
Amen.

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.

COMMUNION ANTIPHON

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

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.

# Sunday Message

THE WORD



Our reading from Romans and John’s Gospel offer a wonderful  
description of how the Holy Spirit can directly impact on our lives if we  
allow this to happen.

St Paul is very clear that the Spirit lives in us and this is not to be questioned. We are after  
all “heirs of God and coheirs with Christ” and therefore the implication is that the people  
of God are considered an inextricable part of this unity. The demand for us believers is to  
live by the Spirit, to live within the Spirit that has been given to us freely. Arising out of  
our witness to the Spirit, the Spirit will in turn give us life as it gave life to Jesus in raising  
him from the dead.

Then John’s Gospel presents us with the great promise of Jesus. We no longer should let  
our hearts be troubled by fear or anxiety for the Spirit has been sent to us by a loving God.  
The context for Jesus’ promise of course is the recognition that there are testing times  
ahead for this group of followers. But the idea of an interactive relationship between  
God and God’s people is a new one. Up to this point, the faith of the people was very  
much hierarchical in nature. Staring up into the heavens, prayers were spoken and  
offerings were made. This Spirit of John’s Gospel encourages a reciprocal relationship  
between God and all believers: “love our Lord Jesus Christ and God the Father will love  
you in return”. ■

REFLECT

We are very dependent upon  
electricity, an invisible power  
which we usually detect by  
its effects, for example, light, heat and  
domestic appliances such as washing  
machines. If our supply of electricity is  
interrupted, then a sense of crisis or panic  
can result, especially for people who live  
in high-rise buildings and depend on lifts  
for moving around.

We can perhaps use this example when  
we consider the Holy Spirit on this feast  
of Pentecost. A light bulb is a somewhat

unimpressive object, made of metal and  
glass, which can be easily and safely  
handled. But when it is connected to a  
source of electricity, it becomes a source  
of light and heat, which we cannot look  
at directly or hold in our hand. The Acts  
of the Apostles shows the disciples  
going out and preaching directly, full of  
confidence in their message.

The scriptures are not simply historical  
records of what happened a long time  
ago. They have a lesson for us today.  
We are being invited today to consider

LEARN

In John’s Gospel, the disciples play no active  
part in the ministry of Jesus.

The word “apostle” means “one who  
is sent”.

The appearance of Jesus to the disciples  
after his resurrection is the occasion when  
they become apostles.

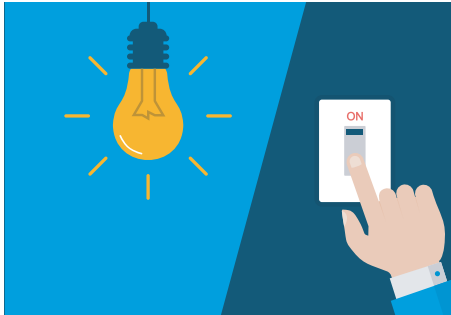
The forgiving of sins in the Fourth Gospel is  
connected with baptism: the sacrament of  
reconciliation is a later development in the  
church community.

SAY

Come, Holy Spirit, fill the  
hearts of your faithful.

DO

Switch on the light or lamp: consider how  
the bulb is transformed by the electrical  
current. How might the Holy Spirit transform  
your life if you truly connect with the Spirit?



how the Holy Spirit may be present and  
active in our own lives. If we decide to  
live as disciples of Jesus, we are not left  
on our own to live up to the values of the  
Gospel, but Jesus promises us the help  
and strength of the Holy Spirit. However,  
we have our part to play in this, it is not  
something simply automatic: like any  
electric appliance, we have to plug in to  
the source of power if we are to function  
at our full potential. Thus, prayer and  
the sacraments keep us connected to the  
Holy Spirit. ■