

In today's Gospel, Jesus promises that we will never be lost and alone. "I will not leave you orphans," he says. "I will come back to you."

It's a promise that he will send the Holy Spirit at Pentecost to be with us, to help and guide us.

But it is also a statement of the profound love he and his Father have for all of us. We are loved so much that they will never abandon us. No matter what difficulties we face or problems we encounter, we are not alone. We are not orphans. We don't have to be afraid. We are children of a loving God.

#### VAS

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

# PRAY

Ask the Holy Spirit to help you witness to the Gospel at all times.

# LEARN

The Christian is one who does God's will

Love is at the heart of the Christian life

God will never abandon us

# DO

The Holy Spirit is the holy breath of God. As you breathe in and out, try to imagine your breath as the Holy Spirit, the breath of God, filling you with life every minute of the day.



# REFLECT

n today's Gospel, Jesus assures his friends they won't be abandoned even though he will have to leave them soon. God will send the Holy Spirit, the Advocate, the Spirit of truth, to be with them forever.

We have received the gift of the Holy Spirit. You could say that the Holy Spirit is like a spiritual satnav that God has given us to help us make our way through life. When we don't know what to do or which way to turn, the Holy Spirit points us in the right direction.

But, first, as with a satnav on our phone or in our car, we must tune into the Holy

Spirit. That means being conscious of the Spirit present with us at all times. We are never alone or lost. We Christians have been given an inbuilt Holy Spirit navigation system. But we must activate it; we must turn it on.

Second, it means asking for the Holy Spirit's help. Whenever you don't know what to do or the best decision to make, pray to the Holy Spirit and let the Spirit be your guide. The Holy Spirit always points us to Jesus, who is "the Way, the Truth, and the Life."

And the Spirit guides the Church. As you may know, extensive consultation has

been taking place throughout the Church in preparation for a synod in Rome in October. Dioceses and religious groups have been offering their perspective on the way forward for the Church. This synod is seen as perhaps the most important since Vatican II. We trust in the Holy Spirit to safely guide the synod's work so we may face the future with hope.

That's the Spirit's job – to direct us through life, lead us to Jesus, offer us support and reassurance, help us reach eternal life.

So, make sure always to switch on your spiritual satnav. With the Spirit as your guide, you will never go astray.

## **ENTRANCE ANTIPHON**

Proclaim a joyful sound and let it be heard; proclaim to the ends of the earth: The Lord has freed his people, 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

Amen.

Grant, almighty God, that we may celebrate with heartfelt devotion these days of joy, which we keep in honour of the risen Lord, and that what we relive in remembrance we may always hold to in what we do. 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.

# FIRST READING

A reading from the Acts of the Apostles.

Philip went to a Samaritan town and proclaimed the Christ to them. The people united in welcoming the message Philip preached, either because they had heard of the miracles he worked or because they saw them for themselves. There were, for example, unclean spirits that came shrieking out of many who were possessed, and several paralytics and cripples were cured. As a result there was great rejoicing in that town. When the apostles in Jerusalem heard that Samaria had accepted the word of God, they sent Peter and John to them, and they went down there, and prayed for the Samaritans to receive the Holy Spirit, for as yet he had not come down on any of them: they had only been baptised in the name of the Lord Jesus. Then they laid hands on them, and they received the Holy Spirit.

The word of the Lord. Thanks be to God.

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## **PSALM**

Response:

Cry out with joy to God all the earth. Or Alleluia!

Cry out with joy to God all the earth, O sing to the glory of his name. O render him glorious praise. Say to God: "How tremendous your deeds!" (R.)

'Before you all the earth shall bow; shall sing to you, sing to your name!" Come and see the works of God, tremendous his deeds among men. (R.)

He turned the sea into dry land, they passed through the river dry-shod. Let our joy then be in him; he rules for ever by his might. (R.)

Come and hear, all who fear God. I will tell what he did for my soul: Blessed be God who did not reject my praver nor withhold his love for me. (R.)

## SECOND READING

A reading from the first letter of St Peter.

Reverence the Lord Christ in your hearts, and always have your answer ready for people who ask you the reason for the hope that you all have. But give it with courtesy and respect and with a clear conscience, so that those who slander you when you are living a good life in Christ may be proved wrong in the accusations that they bring. And if it is the will of God that you should suffer, it is better to suffer for doing right than for doing wrong. Why. Christ himself, innocent though he was, had died once for sins, died for the guilty, to lead us to God. In the body he was put to death, in the spirit he was raised to life.

The word of the Lord. Thanks be to God.

#### **GOSPEL ACCLAMATION**

Alleluia, alleluia!

Jesus said: "If anyone loves me he will keep my word.

and my Father will love him, and we shall come to him." Alleluia!

# GOSPEL

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,

that Spirit of truth

whom the world can never receive

since it neither sees nor knows him;

but you know him,

because he is with you, he is in you,

I will not leave you orphans;

I will come back to you.

In a short time the world will no longer see me:

but you will see me,

because I live and you will live.

On that day

you will understand that I am in my Father and you in me and I in you.

Anybody who receives my commandments and keeps them

will be one who loves me

and anybody who loves me will be loved by my Father,

and I shall love him and show myself to him.

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

May our prayers rise up to you, O Lord, together with the sacrificial offerings, so that, purified by your graciousness, we may be conformed to the mysteries of your mighty love.

Through Christ our Lord. Amen

# **COMMUNION ANTIPHON**

If you love me, keep my commandments, says the Lord,

and I will ask the Father and he will send you another Paraclete,

to abide with you for ever, alleluia.

# PRAYER AFTER COMMUNION

Almighty ever-living God, who restore us to eternal life in the Resurrection of Christ,

increase in us, we pray, the fruits of this paschal Sacrament

and pour into our hearts the strength of this saving food.

Through Christ our Lord.





