

# FAITH

Diocese of Waterford & Lismore

Celebrating and supporting faith, hope and love  
in the heart of the family!



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PENTECOST SUNDAY

Year B

## Sunday Mass Readings

### First Reading:

Acts 2: 1-11

### Responsorial Psalm:

Psalm 103(104): 1,24,29,31,34

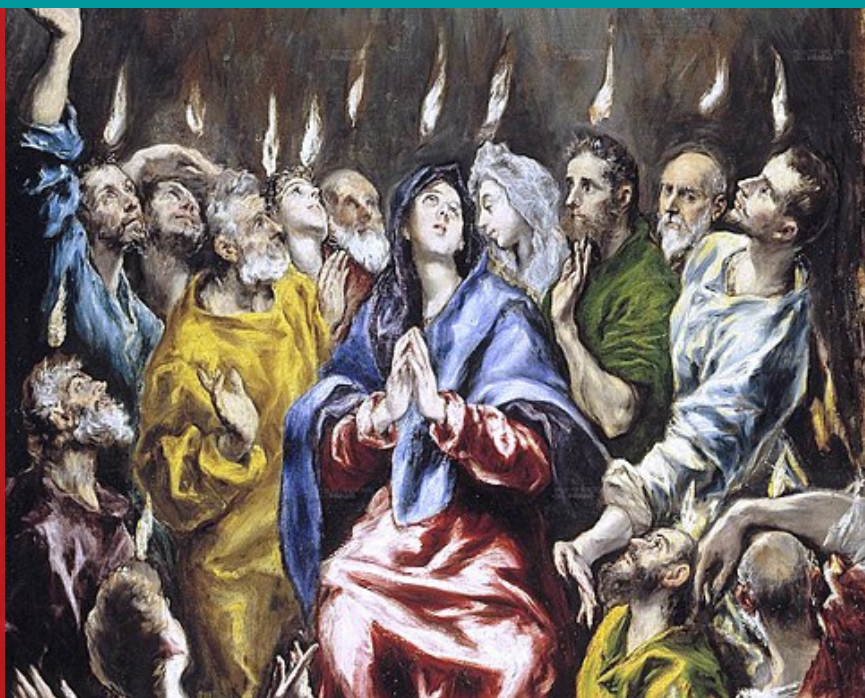
### Second Reading:

Galatians 5:16-25

### Gospel:

John 15:26-27; 16:12-15

*"When the Spirit of truth  
comes, He will lead you to the  
complete truth"*



Pentecost, El Greco, Public domain, via Wikimedia Commons [CLICK FOR FULL IMAGE](#)

## Hear

Grab your Bible and look up the Gospel reading. Don't have one? No worries, you can find this week's readings [here](#).

Click [here](#) for a fun video for children based on the readings for Pentecost Sunday.

## Pray

At Mass on Pentecost Sunday (and its octave) a special prayer called the "Sequence" is prayed or sung just before the Gospel. The Sequence is a beautiful and ancient prayer to the Holy Spirit that dates back to the thirteenth century.

Take some time this weekend to pray [the Sequence](#). Notice that each one of the short verses is a sentence in itself. Find a quiet place to pray and meditate on each sentence of the Sequence. Does one verse stand out to you? Is there a word or an image of the Holy Spirit from the Sequence that you particularly like? Ask yourself why. Does it remind of you something in your life? Does it console you?

## Talk

**First reading:** Reflect on a time that you have felt the presence of the Holy Spirit in your life. After reflecting, share your experiences with each other.

**Second reading:** Talk about some fruits of the Holy Spirit (love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, self-control) that have developed within you over the past year. What ways can you continue to bear fruit both as individuals and as a family?

**Gospel:** In the Gospel Jesus tells his disciples "you too will be my witnesses". Jesus also speaks these words to us today. Reflect on a time where you gave witness of your faith to others. Share with one another about this.

## Family Challenge!

Spend some time this week reflecting on the gifts of the Holy Spirit which you received in the Sacrament of Confirmation. How have these gifts been at work in your life?

**Mission:** Every morning when you wake up this week, pray: "Come Holy Spirit" to ask the Holy Spirit to show you what God wants you to do that day. Every night spend a few minutes thinking back on how your day went, and give it all to God in your prayers!

**Song of the Week!**  
**THE FRUITS OF THE SPIRIT**

Please email us at [faithathome@waterfordlismore.ie](mailto:faithathome@waterfordlismore.ie) [or click the [subscribe](#) button] if you would like to receive Faith@Home direct to your inbox each week!

"To the Heights" Post-Primary / Youth Version also available: click [SUBSCRIBE](#) / email [youthministry@waterfordlismore.ie](mailto:youthministry@waterfordlismore.ie)

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## COME HOLY SPIRIT

The event of Pentecost is described very simply in the Scriptures in just four lines (Acts 2:1-4) which can be summed up by saying: the apostles were together in the upper room. There was the sound of a mighty wind and there were flames of fire. They were all filled with the Holy Spirit. How simply God acts! This is how He began His Church.

What does it mean to be filled with the Holy Spirit? What is the Holy Spirit? Perhaps the best and deepest way is to say that the Holy Spirit is the love of God, the love between the Father and the Son. In being filled with the Holy Spirit the apostles are changed and they are filled with something new – a deep joy, a courage, a love of others, a new way of looking at life.

The apostles change from being frightened people, hiding away in a room, to being able to go out and speak openly about the love of God and about what God wants to work in our lives. They now see God the Father differently - no longer do they see him as a kind of a faraway master but instead they see God as someone who loves them (and us!) with never-ending love, and who is personal and near. It is the Holy Spirit who teaches us this. The Holy Spirit will renew the face of the earth because people will be changed and renewed. Can the Holy Spirit change you and me? Do you want to be changed? Where do you and I need the Holy Spirit? Ask for the release of the power of the Holy Spirit. You can do this in your room or, better, in a church. Sit or stand in silence.

Ask the Holy Spirit to come into your heart, into your life. Say 'Come Holy Spirit'. If you are fortunate enough to be part of a prayer group pray this with others. Come healing Spirit of the Living God - fall afresh on us. Ask and you shall receive.

By Bishop Phonsie Cullinan

## EVENTS

**"Rooted": Lectio Divina Zoom Series** for adults who would like to learn to read and pray with Scripture. Wednesdays 8 - 9.15pm from May 5th - June 16th. Contact [events@waterfordlismore.ie](mailto:events@waterfordlismore.ie)

**Quo Vadis: Catholic Zoom Series for Young Adults** aged 18-35. Sundays 7-8pm, May 16th - June 6th. "The Eucharist: Just a Symbol or Something More?" A four-part series on the mystery of the Eucharist, Eucharistic miracles, mystics, martyrs and Waterford's own Little Nellie of Holy God. Join at any stage!

Contact [events@waterfordlismore.ie](mailto:events@waterfordlismore.ie) or [click here](#)

**REVIVE Live-streamed event for Youth**

Friday 21st May, 7.30 - 8.30pm livestreamed on [www.holyfamilymission.ie](http://www.holyfamilymission.ie) Special prayers for exam students [www.waterfordlismore.ie/youth-ministry](http://www.waterfordlismore.ie/youth-ministry)

## Family Prayer

*Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And You shall renew the face of the earth. O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever rejoice in His consolations, through Christ Our Lord, Amen.*



Put yourself in the scene of today's first reading. Gathered together in the Upper Room with Our Lady, the Apostles were still living in fear despite witnessing the Resurrection of Jesus and receiving His Mandate to go out to the whole world and proclaim the Gospel. Doors locked. Hearts trembling at the thought of the persecution that lay ahead.

Then the Holy Spirit descends in tongues of fire, setting their hearts on fire with the love of God and the desire to bring others to know, love and serve God too!

No more fear, no more hiding, no more confusion. The Holy Spirit changes their lives utterly, and the early Church set about transforming hearts and lives - and 2000 years later we see the fruits of the efforts of a small but committed and faithful group, open to the stirrings of the Holy Spirit in their hearts.

Sounds incredible doesn't it? Yet, that very same Spirit is the one we receive at our Baptism and whose gifts are sealed in our hearts at our Confirmation. The gifts have been given to us, we just have to choose to open them and use them. When we use the Gifts of the Holy Spirit we should see the fruits of the Spirit in our lives: and who doesn't want more love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control? This week, start each day with "Come Holy Spirit" and genuinely invite the Spirit to act in your life!

- 4 Helpful Rules for Discernment (Fr Mike)
- "Consuming Fire" - Hillsong
- "What should I do?" handout attached

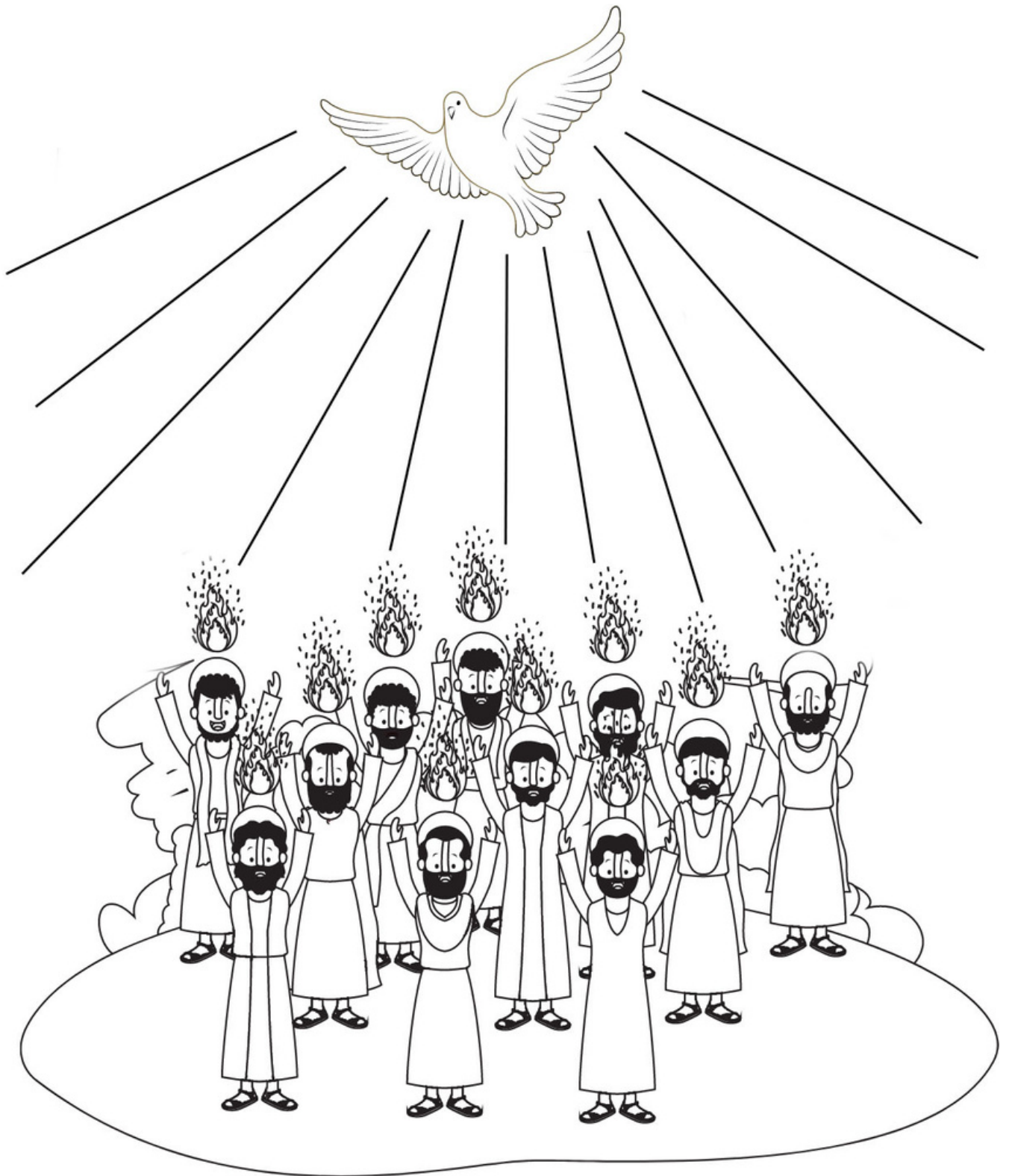


## CHECK IT OUT: HOLY FAMILY MISSION



Holy Family Mission, Glencomeragh, Co. Waterford is a residential community for young Catholics aged 18 - 30. It is a house of formation where young people can learn about their faith so that they can live it more fully and share it with others. Their motto is "Know, Love and Serve God." Holy Family Mission offers Family Days and retreats to primary and post-primary schools, as well as a daily programme in the Chapel which is live-streamed. Glencomeragh Retreat House facilities are available to groups and individuals who wish to use them. The guest house and architecturally renowned hermitages are also available to book for times of personal retreat.



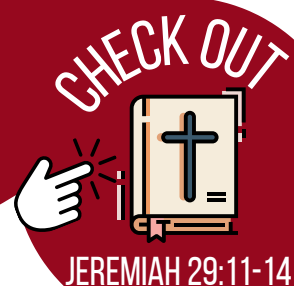


Come  
Holy Spirit!

ACTS 2:1-11



# What should I do?



## WHAT IS DISCERNMENT?

Do you find it difficult to make decisions? Do you struggle to know what the right thing to choose is? Are you unsure which door is the one to go through? College? Jobs? Friendships? Relationships? So many big decisions to make! Put simply, discernment is the Holy Spirit enlightening your intellect and will to help you know and choose the truth. There's usually some kind of process involved, although that varies in length. Discernment is not sitting back and thinking, "Sure, God will do everything so I'll just wait for Him to move", nor is it a feeling or the consequence of an arbitrary sign. The Holy Spirit will absolutely help you, but we have to cooperate with His promptings - we can't just wait around and not take any action ourselves. Pray, discern, and then act. Take responsibility for your decisions. Even if you make the wrong decision, the Lord will still be with you and will provide a way for you to get back on the right track.

## FR MIKE SCHMITZ: 4 DOORS OF DISCERNMENT

Watch Fr Mike Schmitz' video: "4 Helpful Rules for Discernment" and try to see how you could apply these "doors" to your discernment process. [6:30 minutes]



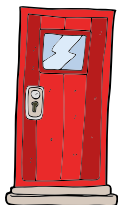
### IS THIS A GOOD DOOR?

Often the answer is yes. Sometimes you have several good options before you. But if you know it will be unhealthy for you or against God's law, then you should not choose it.



### IS THIS AN OPEN DOOR?

Is this even possible? Is this a reality? For example, you should not try to get in the NBA if you have no basketball skills.



### IS THIS A WISE DOOR?

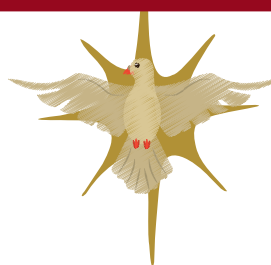
Knowing who I am and where I've been, my struggles, my strengths and weaknesses, the person I want to be: is this the choice I need to make? Will it lead me closer to Jesus or not?



### IS THIS A DOOR THAT I WANT?

Unless you are sure that God is calling you there, if you don't desire it then you don't have to choose it. God has given us so much freedom. He wants us to use our intellect and our will to choose.

## PRAYER TO THE HOLY SPIRIT (BY ST AUGUSTINE)



Breathe in me, O Holy Spirit, that my thoughts may all be holy. Act in me, O Holy Spirit, that my work, too, may be holy. Draw my heart, O Holy Spirit, that I love but what is holy. Strengthen me, O Holy Spirit, to defend all that is holy. Guard me, then, O Holy Spirit, that I always may be holy. Amen.

- ASCEND YOUTH MINISTRY (DIOCESE OF WATERFORD & LISMORE) -



## MORE GREAT VIDEO RESOURCES!

- HOW TO DISCERN WHAT GOD HAS PLANNED FOR YOU
- DISCERNMENT 101
- THE KEY TO DISCERNMENT
- HOW TO DISCERN PRETTY MUCH ANYTHING
- "GOD I LOOK TO YOU" - FRANCESCA BATTISTELLI

