

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

Ps 103 (104):1, 24, 29-31, 34

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

1 Cor 12:3-7, 12-13

A reading from the first letter of St Paul to the Corinthians.

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.

The word of the Lord.

Thanks be to God.

SEQUENCE

*Veni Sancte Spiritus (Holy Spirit, Lord of Light)
may be said or sung.*

Holy Spirit, Lord of Light,
From the clear celestial height
Thy pure beaming radiance give.
Come, thou Father of the poor,
Come with treasures which endure
Come, thou light of all that live!
Thou, of all consolers best,
Thou, the soul's delightful guest,
Dost refreshing peace bestow
Thou in toil art comfort sweet
Pleasant coolness in the heat
Solace in the midst of woe.
Light immortal, light divine,
Visit thou these hearts of thine,
And our inmost being fill:
If thou take thy grace away,
Nothing pure in man will stay
All his good is turned to ill.
Heal our wounds, our strength renew
On our dryness pour thy dew
Wash the stains of guilt away:
Bend the stubborn heart and will
Melt the frozen, warm the chill
Guide the steps that go astray.
Thou, on us who evermore
Thee confess and thee adore,
With thy sevenfold gifts descend:
Give us comfort when we die;
Give us life with thee on high;
Give us joys that never end.

GOSPEL ACCLAMATION

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

GOSPEL

Jn 20:19-23

A reading from the holy Gospel according to John.

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.'

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

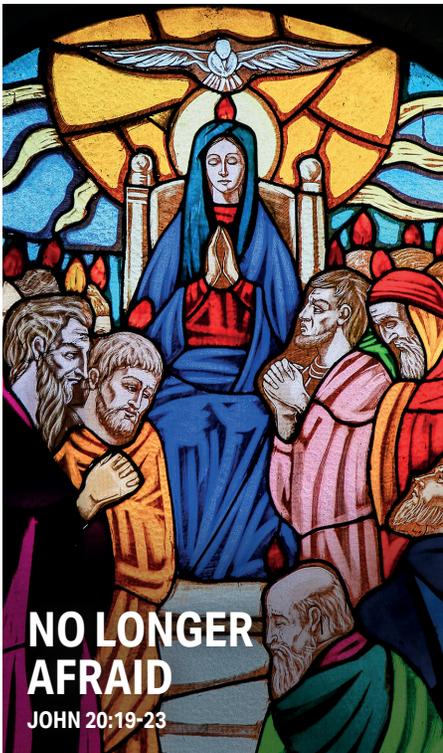
O God, who bestow heavenly gifts upon your Church,
safeguard, we pray, the grace you have given,
that the gift of the Holy Spirit poured out upon her
may retain all its force
and that this spiritual food
may gain her abundance of eternal redemption.
Through Christ our Lord.
Amen.

Sunday Message

PENTECOST SUNDAY

THE WORD

Year A • 24 May 2026 • Colour: Red • Psalter Week 4



**NO LONGER
AFRAID**
JOHN 20:19-23

Today's first reading and Gospel give sharply contrasting accounts of the dramatic events of Pentecost Sunday. The first reading from St Luke's Acts of the Apostles is dramatic – full of noise and activity. John's Gospel account is more restrained.

It describes how Jesus appears among his frightened disciples, comforts them with a word of warning, assures them that it is indeed he by showing his hands and side, and gently breathes the Spirit on them.

Luke emphasises the energetic power of the Spirit that even physically shakes the house they are in. John suggests the creation of the first human being by having the Lord breathe on the apostles.

Luke stresses the importance of preaching the Word, whereas John focuses on the importance of the forgiveness of sins. While both are essential to the mission of Jesus, Luke may be focusing on the Church's public role of addressing society, while John emphasises the more personal role of bringing people to know that their sins are forgiven.

Jesus calls the Spirit the 'Paraclete,' the one we can call to our aid when the darkness frightens us or when sin seems to cling too closely to us. The Holy Spirit is our strength. ■

REFLECT

The Catechism of the Catholic Church states that the sacrament of confirmation "gives us a special strength of the Holy Spirit to spread and defend the faith by word and action as true witnesses of Christ, to confess the name of Christ boldly, and never to be ashamed of the Cross."

After Jesus' passion and death, the apostles cowered behind locked doors, full of fear. Their fear had cut them off from the world. Then, Jesus appeared in their midst, and their fear turned to joy.

Jesus breathed on them, filled them with his life, with God's life – with confidence, hope, conviction, power. Filled with the Holy Spirit, they became new people. With new courage, they went out into the streets, unafraid to preach the Good News, ready even to give up their lives for it.

A book that made a major impression on me as a theology student is Albert Nolan's *Jesus before Christianity*. Nolan focuses on Jesus the man. He shows how Jesus of Nazareth was deeply involved with the real problems of his time. Jesus could have joined one of the major religious groups like the Pharisees or scribes or a political group like the Zealots. Instead, he took his lead from John the Baptist, a radical preacher on the fringes of society. He identified with those on the street - the poor, the broken, the sinner, the excluded.

Jesus preached a message of love and inclusion, forgiveness and compassion. He made those in authority feel uncomfortable. They heard the Good News as bad news, whereas the poor and the

broken welcomed it as good news. Jesus not only preached the good news of the reign of God, he also practised what he preached. Jesus' lifestyle was in keeping with the message he proclaimed.

Theologian Fr Tomas Halik says that whenever there was tension between the religious authorities and the ritualistic religion of his day and its prophetic critics, Jesus always sided with the prophets. Jesus always took a prophetic stand. Remember when he upset the moneychangers in the temple? No wonder the religious authorities wanted rid of him. He threatened their position. He was dangerous. His words about the destruction of the temple and the priestly temple religion cost him his life.

Jesus' death was the inevitable consequence of the life he lived. But God vindicated him by raising him from the dead. The resurrection is the definitive way in which the Father says: This is my Son, my beloved. Listen to him. Imitate him. Follow his way of being human.

This is what Jesus commissioned his followers to do before he left them, what he asks of us, too. Filled with the Holy Spirit, we are to be his witnesses in our time and place.

This isn't an easy task today. Many don't want to hear from us. We can be tempted to stay silent, afraid to raise our heads. We can be reluctant to be a prophetic voice. But we have received the gift of the Holy Spirit and so have been given all the courage we need. ■

LEARN

The fruits of the Holy Spirit, as listed by St Paul in his letter to the Galatians 5:22, are: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. The gifts of the Holy Spirit, according to Catholic Tradition, are: wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of God.

PRAY

Pentecost is the feast of the birthday of the Church. It is the day when we celebrate the beginning of the Church's mission, the birth of a new community. Pray that Christians everywhere may witness to the Gospel with new confidence and courage.

SAY

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

DO

Recall your Confirmation day. Thank God for the gift of the Holy Spirit. Ask the Spirit to help you proclaim your faith courageously.