

# PENTECOST SUNDAY

31 May 2020

SPIRITUAL  
COMMUNION

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*There are different ways that you might use these texts in prayer.*

*If you are saying these prayers together as a family or group, choose someone to lead, one or more persons to read, and all say together the words in **bold**.*

*You might also use these texts while watching Mass online. In that case, say the Act of Spiritual Communion (printed towards the end) at the point of Holy Communion in the Mass.*

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## INTRODUCTORY RITES

In the name of the Father and of the Son, and of the Holy Spirit. **Amen.**

### PENITENTIAL RITE

Have mercy on us, O Lord.      **For we have sinned against you.**

Show us, O Lord, your mercy.      **And grant us your salvation.**

May almighty God have mercy on us,  
forgive us our sins,  
and bring us to everlasting life.    **Amen.**

Lord, have mercy.      **Lord, have mercy.**

Christ, have mercy.      **Christ, have mercy.**

Lord, have mercy.      **Lord, have mercy.**

### 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.

## OPENING PRAYER

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,  
one God, for ever and ever. **Amen.**

## LITURGY OF THE WORD

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*You might choose to read all the Sunday readings or only the Gospel reading, as you prefer.*

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### FIRST READING

A reading from the Acts of the Apostles (2:1-11)

When Pentecost day came round, they 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.**

### RESPONSORIAL PSALM (103)

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

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.

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

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.

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

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.

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

## SECOND READING

A reading from the first letter of St Paul to the Corinthians (12:3-7,12-13)

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.**

## GOSPEL ACCLAMATION

**Alleluia, alleluia!**

**I will not leave you orphans, says the Lord;  
I will come back to you, and your hearts will be full of joy.**

**Alleluia!**

## GOSPEL

A reading from the holy gospel according to John. (20:19-23)

**Glory to you, O Lord.**

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.**

## APOSTLES' CREED

I believe in God, the Father almighty, Creator of heaven and earth,  
and in Jesus Christ, his only Son, our Lord,

(all bow)

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.

## PRAYERS OF THE FAITHFUL

For all bishops, the successors of the Apostles: that their faithful celebration of the Sacraments will fill the Church anew with the Holy Spirit. Lord, in your mercy. **Hear our prayer.**

For true peace in the world, for Yemen, Syria, Afghanistan and the Holy Land and for all places of conflict. Lord, in your mercy. **Hear our prayer.**

For the sick, remembering especially those in our parish and among our family and friends: for healing, for support in suffering, and for the doctors, nurses and carers tending to them. Lord, in your mercy. **Hear our prayer.**

For the conversion of sinners, especially for the grace to seek the God's generous mercy in the Sacrament of Reconciliation.

For those who have died: that they will rest in peace and rise in glory on the Last Day. We pray for all who mourn their departed loved ones. Lord, in your mercy. **Hear our prayer.**

In silence we place our own intentions before our Merciful Father... (*pause for intentions*)...

And we ask the intercession of the Glorious and Ever-Virgin Mary:

**Queen of heaven, rejoice, alleluia.**

**The Son you merited to bear, alleluia,**

**Has risen as he said, alleluia.**

**Pray to God for us, alleluia.**

## SPIRITUAL COMMUNION

### THE LORD'S PRAYER

Our Father, who art in heaven,  
hallowed be thy name.  
Thy Kingdom come, thy will be done,  
on earth as it is in heaven.  
Give us this day our daily bread,  
and forgive us our trespasses,  
as we forgive those who trespass against us,  
and lead us not into temptation  
but deliver us from evil.

### ACT OF SPIRITUAL COMMUNION

My Jesus,  
I believe that You are present in the Most Holy Sacrament.  
I love You above all things,  
and I desire to receive You into my soul.  
Since I cannot at this moment receive You sacramentally,  
come at least spiritually into my heart.  
I embrace You as if You were already there  
and unite myself wholly to You.  
Never permit me to be separated from You. Amen.

### CONCLUSION

*Make the Sign of the Cross, as you say:*

May the Lord bless us,  
protect us from all evil  
and bring us to everlasting life. Amen.

## **POPE FRANCIS: PRAYER TO MARY FOR THE MONTH OF MAY**

"We fly to your protection, O Holy Mother of God".

In the present tragic situation, when the whole world is prey to suffering and anxiety, we fly to you, Mother of God and our Mother, and seek refuge under your protection.

Virgin Mary, turn your merciful eyes towards us amid this coronavirus pandemic. Comfort those who are distraught and mourn their loved ones who have died, and at times are buried in a way that grieves them deeply. Be close to those who are concerned for their loved ones who are sick and who, in order to prevent the spread of the disease, cannot be close to them. Fill with hope those who are troubled by the uncertainty of the future and the consequences for the economy and employment.

Mother of God and our Mother, pray for us to God, the Father of mercies, that this great suffering may end and that hope and peace may dawn anew. Plead with your divine Son, as you did at Cana, so that the families of the sick and the victims be comforted, and their hearts be opened to confidence and trust.

Protect those doctors, nurses, health workers and volunteers who are on the frontline of this emergency, and are risking their lives to save others. Support their heroic effort and grant them strength, generosity and continued health.

Be close to those who assist the sick night and day, and to priests who, in their pastoral concern and fidelity to the Gospel, are trying to help and support everyone.

Blessed Virgin, illumine the minds of men and women engaged in scientific research, that they may find effective solutions to overcome this virus.

Support national leaders, that with wisdom, solicitude and generosity they may come to the aid of those lacking the basic necessities of life and may devise social and economic solutions inspired by farsightedness and solidarity.

Mary Most Holy, stir our consciences, so that the enormous funds invested in developing and stockpiling arms will instead be spent on promoting effective research on how to prevent similar tragedies from occurring in the future.

Beloved Mother, help us realize that we are all members of one great family and to recognize the bond that unites us, so that, in a spirit of fraternity and solidarity, we can help to alleviate countless situations of poverty and need. Make us strong in faith, persevering in service, constant in prayer.

Mary, Consolation of the afflicted, embrace all your children in distress and pray that God will stretch out his all-powerful hand and free us from this terrible pandemic, so that life can serenely resume its normal course.

To you, who shine on our journey as a sign of salvation and hope, do we entrust ourselves, O Clement, O Loving, O Sweet Virgin Mary. Amen.

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