

Pentecost Sunday (Year A)



John 20:19–23

**'As the Father has sent me, even so I am sending you.
Receive the Holy Spirit.'**

On the evening of that day, the first day of the week, the doors being locked where the disciples were for fear of the Jews, Jesus came and stood among them and said to them, 'Peace be with you.' When he had said this, he showed them his hands and his side. Then the disciples were glad when they saw the Lord. Jesus said to them again, 'Peace be with you. As the Father has sent me, even so I am sending you.' And when he had said this, he breathed on them and said to them, 'Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them; if you withhold forgiveness from any, it is withheld.'

Reflection

Today, we celebrate Pentecost is often called the birthday of the Church - a moment of real energy and purpose, when the Holy Spirit fills the Apostles and sends them out with courage to share the Good News. What's powerful is that this same Spirit is alive and at work in the world today, inviting each of us to be part of something bigger than ourselves. Like Blessed Frédéric Ozanam and the first Vincentians, we're called to turn faith into action—bringing practical support to those who need it most. The Holy Spirit isn't distant or abstract; He is present, guiding, strengthening, and gently pushing us to step out of our comfort zones. So even when we feel unsure or not ready, we can trust that God is with us, giving us the courage to live with purpose and make a real difference in the lives of others.

Materials needed

Cut out paper flames
Coloured pens/paper

Activity

Each person receives a paper flame.

On one side of the flame, they should colour or decorate it, reflecting on their unique gifts and talents. Encourage them to take time to think about how to describe who they are and what's important through their images. It could be family, favourite team, culture and heritage, faith, hobbies, skills.

On the other side, invite them to consider and write down what they feel is their mission from God—how they are called to make a difference in their community or share God's love with others.

Once finished, each person can add their flame to a communal display, creating a large and vibrant "fire" made up of unique flames. This symbolises how each individual's gifts and actions combine to create something greater—a powerful, united fire of love, hope, and service inspired by the Holy Spirit.

Call to Action

Take your mission from God and bring it to life! This week, choose one small but meaningful way to use your unique gifts to help someone or bring hope to a situation. Whether it's showing kindness, lending a helping hand, or simply listening to someone in need, your actions can ignite the fire of love and make a difference. Let's let the Holy Spirit guide us to live out our mission every day!



