

During this unprecedented time in our world's history, we offer you the following material for your praying and reflecting on God's Word.

### **Introduction**

Like the women who encounter the risen Christ, we too are often filled with fear. We fear that our proclamation will be rejected and not considered credible, especially in times of prosperity when people feel that they do not need God or in times of desperation and suffering as we are experiencing today with the COVID-19 crisis. With this surprising pandemic, many are fearful of the long-term job loss and are worried about how they will pay their rent, feed their children and meet their responsibilities with diminished financial resources. For some, such as those who are in hospital and long-term care facilities, their fear of isolation is particularly increased when they are told that they cannot receive visitors. Parents are struggling to find ways to explain the crisis of the Coronavirus to their children whose daily routines have been radically changed.

How do we address our fears? How do we console one another during these times? We, like the women who encountered Christ at the tomb, must respond by going forth in joy, confident that it is the Risen Christ who sends us, accompanies us and reassures us. As we experience physical distancing, self-isolation, quarantine and economic uncertainty, we are compelled to find new ways to proclaim the Good News that Christ is Risen. Now more than ever, we must be Easter people who proclaim that Christ is Risen, He has saved us from our sins and He is with us always!

As people of faith, our fear gives way to joy in our daily encounter with Christ in the Eucharist, in Spiritual Communion, in the Scriptures, in our prayer, in devotions such as the Rosary, and in compassionate and loving service to one another. These encounters, even if by social media, provide us with the courage and conviction of our faith so that, even in these most challenging times, we can boldly proclaim the death and resurrection of Christ through our words and actions.

When we address our fears through the eyes of faith, we are freed to bring about authentic and lasting spiritual and social transformation by addressing the injustices around us, but also by discerning the signs of the times, for God's presence is active and saving at each moment of our daily lives.

- Archbishop Richard Gagnon  
(excerpt of the Easter message from the CCCB)

### Lectio Divina with the Sunday Gospel

Lectio Divina means 'divine reading'. It is a way to pray using the holy scriptures in a step-by-step process.

Gather the entire family around and make the sign of the Cross. Light a candle.

**Leader: "Holy Spirit, you inspired the authors of Sacred Scripture to write what you wanted us to know for the sake of our salvation. Inspire us now to hear those words not only with our ears, but our hearts, so that we might know your saving Word for us today."**

- Have one person **read** the scripture slowly, out loud and have a few moments of silence afterwards. (It may be helpful for everyone to have a copy of the reading).
- **Read** the scripture again out loud and choose a single word or short phrase that touches, speaks or surprises you. Share with everyone.
- **Read** the scripture out loud one more time and discuss what is happening directly in the text.
- **Meditate** on what God is doing now in our lives through this text.
- **Respond** to what God is doing through prayer.
- **Contemplate** on what God is asking of me through this text and how to use these words as a gift for others through my actions.
- After a period of silence, end with the Sign of the Cross.

### The Holy Gospel for May 31, 2020

A reading from the Holy Gospel according to John.

"It was evening on the day Jesus rose from the dead, the first day of the week, and the doors of the house where the disciples had met were locked for fear of the Jews.

Jesus came and stood among them and said, 'Peace be with you.' After he said this, he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord.

Jesus said to them again, 'Peace be with you. As the Father has sent me, so I send you.'

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 retain the sins of any, they are retained.'"

The Gospel of the Lord.

### Family Activities

- Light a candle in your home to remind you of the fervent power and presence of the Holy Spirit. Fires need fuel to stay lit and keep burning. What are things you can do to keep the flame of the Holy Spirit alive in your heart?
- The Gospel for Pentecost reminds us that the Church begins with the command to forgive. Within the family, the domestic Church, we learn how to forgive and how to accept forgiveness. The gift of the Holy Spirit enables us to do both. As you gather together as a family, sit quietly for a few minutes, inviting everyone to reflect upon their need to forgive and to receive forgiveness. If there is a situation or an issue within the family that needs attention, spend some time reflecting on how your family might address it.
- Share with one another the Sign of Peace.

*continued...*

## At Home Sunday Faith Reflection

St. Gianna Beretta Molla Parish  
Solemnity - Pentecost Sunday, May 31<sup>st</sup>, 2020

*continued...*

- Prayer to the Holy Spirit:

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 will renew the face of the earth.

Lord, by the light of the Holy Spirit  
you have taught the hearts of your faithful.  
In the same Spirit, help us to relish what is right  
and always rejoice in your consolation.

We ask this through Christ our Lord. Amen

*(Loyola Press)*

- On this day of Pentecost, our youth were to celebrate the sealing of the gift of the Holy Spirit in the reception of the Sacrament of Confirmation. The youth continue to work on preparing themselves for this beautiful Sacrament and when the time comes as God sees fit, we will celebrate these young people with joy, as they are initiated fully into the Church. Please continue to keep them in your prayers.

Giuliana Amenta  
Owen Boychuk  
Cris Thaddeus Prieto  
Ivy Kaminsky  
Sebastian Cadieux  
Valeria Villeda