

ARCHDIOCESE OF SEATTLE

# At Home with Faith

**Our world needs the Holy Spirit, especially during these difficult times.** Jesus gives us His peace and the Holy Spirit. He does this to strengthen us so we can share the gift of that Spirit with others.



## Read

Take time to read and reflect on the Scriptures for this day.

**Don't have access to a Bible?**

Visit [www.usccb.org/bible/readings](http://www.usccb.org/bible/readings) or download an app such as *Laudate* or *iBreviary* to access the Mass readings.

Our response to this pandemic follows a pattern. At first, shock and a little denial: “What’s the big deal? Isn’t it just like the flu?” Then, when we realize the threat, we all rally together with common purpose. But after that, we enter into a difficult phase. The threat isn’t going away, we’re sick of dealing with it, and we aren’t sure how to go forward.

Believe it or not, that’s pretty much how the disciples feel in this Sunday’s Gospel. As Christians, they aren’t welcome in the synagogues or with the Romans. Jesus appears and gives them the Holy Spirit. He doesn’t give them solutions to their problems. What he does give them is the Spirit to equip them for mission.

**Acts 2:1-11**

The Holy Spirit descends upon the Apostles.

**Psalms 104:1, 24, 29-31, 34**

God sends His Spirit and renews the face of the Earth.

**1 Corinthians 12:3b-7, 12-13**

No one can say Jesus is Lord except by the Holy Spirit.

**John 20:19-23**

Jesus appears to the Disciples and says, “Peace be with you.”

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## Talk

Here are some reflection questions to help you have **Great Conversations** with the whole family.

- Normally, this is the time of year when our bishops are travelling around the Archdiocese confirming Catholics. Do you remember when you were confirmed? Share a little about the experience with your children. If the experience didn't impact you emotionally at the time, that's OK. Sometimes it takes years for us to realize how the Holy Spirit is working in our lives. You can share that with your children, too — that you are still growing in your relationship with the Holy Spirit.
- Tell your children about your patron saint. If you picked that saint as your Confirmation saint, tell them why. Ask your children about who some of their favorite saints are. Talk to your children about the virtues of some of your favorite saints, and tell them if you see any of these virtues in them. To learn more about some saints your children might like, go [here](#).
- The Bubonic Plague frightened people even more than the Coronavirus, but St. Catherine of Siena wasn't afraid. By bravely caring for the sick and using humor to encourage her neighbors, she inspired everyone around her. She went on to be a great teacher and diplomat. Learn more about her [here](#).
- Catch your children doing something good and tell them that they are expressing one of the [gifts of the Holy Spirit](#): Wisdom, Understanding, Counsel, Fortitude, Knowledge, Piety, and Fear of the Lord.



**“When the time for Pentecost was fulfilled, they were all in one place *together*.” (Acts 2:1)**

**Even as we remain physically separated from one another, let us take comfort in the Holy Spirit which unites us.**

On Pentecost, we celebrate how Jesus sent us the Spirit, the love between the Father and Son, who gives us life and strength. It's also a time to remember our Confirmation: when we received, in a special way, the gift of the Holy Spirit to bring the Good News of Jesus to the world through both words and action.

Right now, as we are uncertain how much longer we can take the challenges and hardships imposed by the coronavirus, we need the strength of the Holy Spirit to respond. We need the Spirit to empower us so that we can help others as God calls us to do. We also need the Spirit to bring us peace, so that we can share that same peace with those we love.

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.

*Prayer to the Holy Spirit,*  
*A Book of Prayers © 1982, International Committee on English in the Liturgy, Inc. (ICEL).*

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