



Sunday Reflection With Fr. Rafal



Dear Sisters and Brothers of St. Joseph Parish,

When big feasts, solemnities and also Sundays come, we recite at every Mass the Creed which says: "We believe in the holy spirit, the Lord and Giver of life, who proceeds from the Father and the Son, who with the Father and the

Son is adored and glorified, who has spoken to us through the prophets." Every time we make the Sign of the Cross we also express our belief in the Holy Spirit. We do believe in Him. The Holy Spirit is good for us. We really need the Holy Spirit nowadays.

Today we are celebrating **the Feast of Pentecost** or the Descent of the Holy Spirit upon the disciples in order that the disciples have the courage to face and to confront their own fears, sadness and weaknesses. Actually the word 'Pentecost' per se, does not adequately describe this celebration. Pentecost is from the Greek word meaning fiftieth day, that is, the fiftieth day after Easter. The Bible tells us that fifty days after exodus, Moses received the Ten Commandments from the Lord at Mt. Sinai. God presented these to His people and the people pledged faithfulness to all that He expected of them. We Catholics, celebrate Pentecost fifty days after the resurrection of Jesus. It is the Feast of the Holy Spirit and the Birth of the Church for Jesus sent His Spirit over the disciples to empower to live by His word.

Who is the Holy Spirit? We know that the Holy Spirit is the Third Person of the Holy Trinity. He is the love of the Father and the Son, present within them from all eternity. When we want to describe Him, however, we meet difficulties, for we cannot see Him. Spirit derived from the Latin word "Spiritus" meaning, the gentle breath of life that quietly fills our lungs with air continuously through life. So on Pentecost, we think not only of God the Father and the Son but especially of the Holy Spirit, the breath and giver of life.

Actually the Holy Spirit was already given to the disciples of Jesus when Jesus appeared to them after the His resurrection. He breathed on them the Holy Spirit by saying: "Receive the Holy Spirit. Whose sins you forgive are forgiven them and whose sins you retain are retained." But still, they remained sad and afraid since they were afraid that what happened to Jesus might also happen to them. It was only after fifty days that the apostles finally realized that the Holy Spirit did, indeed, descend upon them and they became courageous.

But not only had the disciples received the Holy Spirit. We too received the Holy Spirit during our Baptism and Confirmation. It is because as St. Paul says: "Do you not know that you are God's temple and that God's Spirit lives in you?" (1Corinthians 3:16) So it is the Holy Spirit that guides, encourages and empowers us. He is the power within us that moves us to do good.

"Come, Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of your love. Send forth your Spirit and they shall be created and you shall renew the face of the earth."

Have a Blessed Pentecost Sunday 2025 !

Fr. Rafal Ligenza,

Pastor — St. Joseph Catholic Church