



# Feast of Pentecost

## Settling in the upper room in Jerusalem:

"When evening comes on this first day of the week" (*John 20:19*), we can let ourselves be welcomed by Mary. "When the doors are locked", we can settle down in this place and take the measure of what the disciples are feeling. We have here an intensity of feelings: fear, immeasurable pain, guilt, and doubt...

And let us be surprised by the Risen Christ as "He came and stood among them".

In the silence of our hearts, we welcome the peace He gives us twice. Watching him show us his wounds...

Imagine him standing before each one of us, blowing in our faces. The same creative breath of Genesis, but this time it is the Holy Spirit that is given to us... *John 20:22*, "He breathed on them and said to them, 'Receive the Holy Spirit'".

Song: [\*Ruah - Coro Sommariva Perno\*](#)



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**Feel the  
freshness of this  
breath of life,  
let it enter us...  
Let it make "all  
things new."  
(Rev 21:5)**

We continue our meditation with the Pentecost Sequence (music attached) and comments and photos by Fratelli Tutti from the exhibition: **"Women's Cry"** (Vatican, May 2023) by the World Union of Catholic Women's Organizations.

*Photos of the exhibition taken by Yolanda Jimenez (JPIC team)*

Song: [\*Veni Sancte Spiritus - Taizé\*](#)



***Come, Holy Spirit, into our hearts,  
and send down from heaven  
a ray of your light.***

To value the richness and beauty of those seeds of common life that need to be sought out and cultivated. (FT31)



Photograph of a girl at the border with Ukraine.

***Come into us, father of the poor,  
come, giver of gifts,  
come, light of our hearts.***

The first victim of every war is the human family's innate vocation to fraternity. (FT 26)



In the Brazilian favela of Marcos Moura, Paraiba, some girls prepare a show of art and integral ecology.

***Sovereign Comforter,  
most gentle guest of our souls,  
soothing coolness.***

Each of us can learn something from others. This also means finding ways to include those on the peripheries of life. For they have another way of looking at things, they see aspects of reality that are invisible to the center of power. (FT 215)



A gypsy woman tries to sell blankets around her city.

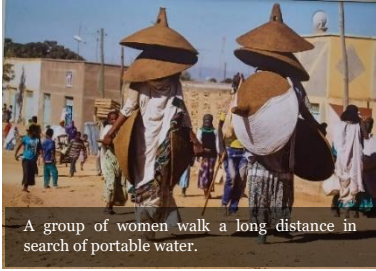
***In labor, rest;  
in fever, coolness;  
in tears, comfort.***

Millions of people today are deprived of freedom and forced to live in conditions akin to slavery. (FT24)



***O blessed light,  
come and fill to the brim  
the hearts of all your faithful.***

Each of us is called to be an artisan of peace, by uniting and not dividing, by extinguishing hatred and not holding on to it, opening paths of dialogue and not by constructing new walls. (FT 284)



A group of women walk a long distance in search of portable water.

***Without your divine power,  
there is nothing in any man,  
nothing that is not perverted.***

Let us continue to advance along the paths of hope to open us up to grand ideals that make life more beautiful and worthy. (FT52)



Fishing nets. In Vietnam, women can be seen working in the sea and on land. Here they are repairing old fishing nets, making them ready for use again.

***Wash what is unclean,  
bathe what is dry,  
heal what is wounded.***

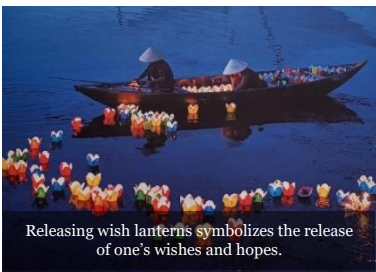
Promoting an economy that favors productive diversity and business creativity. (FT 140)



Chad

***Softens what is stiff,  
warms what is cold,  
straightens what is crooked.***

Creating in countries of origin the conditions needed for a dignified life. (FT 129)



Releasing wish lanterns symbolizes the release of one's wishes and hopes.

***To all those who have faith  
and who trust in you,  
give your seven sacred gifts.***

Let us dream as a single human family, each of us bringing the richness of his or her beliefs and convictions, each of us with his or her own voice, brothers, and sisters all. (FT8)



A group of women walk a long distance in search of fresh drinking water.

***Gives virtue and merit,  
gives final salvation,  
gives eternal joy.***

Let us continue to advance along paths of hope to open us up to grand ideals that make life more beautiful and worthy. (FT5)

Sharing: We let our own intercessory prayer flow...

**Alleluia!**

***Happy Pentecost Feast!***

**[Watch a video version of the Prayer Guide here.](#)**



JPIC LEARNING HUB  
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*JPIC International Team*