



May 24th 2026 Pentecost Sunday Year A - John 20:19 – 23

²⁰⁻¹⁹On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jewish leaders, Jesus came and stood among them and said, "Peace be with you!" ²⁰After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord.

²¹Again Jesus said, "Peace be with you! As the Father has sent me, I am sending you." ²²And with that he breathed on them and said, "Receive the Holy Spirit. ²³If you forgive anyone's sins, their sins are forgiven; if you do not forgive them, they are not forgiven."

<ul style="list-style-type: none"> ➤ Read and re-read – out loud and slowly the Gospel. ➤ Meditate - on reading as being spoken to you, an experience in your life. 	<ul style="list-style-type: none"> ➤ Pray - Thanksgiving – Repentance – Petition. ➤ Action – Attitude (Call to change / to act /to do).
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May 17th 2026 Ascension Sunday Year A - Matthew 28:16 – 20

In this week's gospel we see the disciples locked in a room because they were afraid of the Jews. Jesus then appeared among them and he said to them twice " "Peace be with you." He showed them His wounds in his hands and his side. The disciples were filled with joy. He then breathed on them and said "Receive the Holy Spirit". For those whose sins you forgive they are forgiven; for those whose sins you retain they are retained".

Why do we find it so difficult to recognise and own our wounds? When we have the grace and courage given by The Holy Spirit to share our wounds we can often enable others to recognise that we are all as Henry Nouwen says Wounded Healers.

Prayer:

Thank you Lord for giving us our own Pentecost moments: our prayer life was totally dry or we were overcome with fear or sadness. You sent someone to talk to us and it was as if Jesus came into our locked lives, stood with us and said "Peace be with you."

Forgive us Lord if we tried to influence others through aggressive argumentation causing them great fear. Let us be with them in a peaceful, gentle way like Jesus would want us to be.

Lord help us to have a deep union with your Son Jesus. Let Him breathe into us, so that when we breathe he is breathing in us, and when we love, He is loving in us.