

**Federation of Diocesan Liturgical Commissions [FDLC]  
Mystagogical Reflection on Texts of the *Roman Missal***

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PENTECOST SUNDAY, *Solemnity*  
June 8, 2014

At the Mass during the Day

**Prayer after Communion:**

O God, who bestow heavenly gifts upon your Church,  
safeguard, we pray, the grace you have given,  
that the gift of the Holy Spirit poured out upon her  
may retain all its force  
and that this spiritual food  
may gain her abundance of eternal redemption.  
Through Christ our Lord.

**Reflection:**

At every Mass, we thank God for the gift of the Holy Eucharist. But in a special way at Pentecost, we offer thanks for the manifold gifts bestowed by the Holy Spirit. The Sequence we sing at Mass today (*Veni, Sancte Spiritus / Come, Holy Spirit*) speaks of these gifts and of the power of the Holy Spirit to transform our lives, making us to reflect the divine light.

We first receive the Holy Spirit when it is “poured out” at Baptism. Our participation in these gifts is then strengthened by Confirmation. And through the spiritual food of Holy Communion, we receive the sustenance whereby our transformation can “retain all its force.” This occurs both individually and communally – for the entire Church, which was born at Pentecost, is exhorted to share these gifts through the great mission of evangelization, winning an “abundance of redemption” throughout the world and all of time.

**Prayer:**

O Holy Spirit, illumine our minds, that we may see and understand the things that are for our eternal good. Strengthen our hearts and wills, that they may be conformed to your divine will, and be guided by your holy inspirations. We ask this through Christ our Lord. Amen.

Submitted by:  
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