

I was talking to one of our officers in the last week and she was telling me there was one advantage, at least, of the social distancing: they had time to be a family and appreciate one another. The hurry and scurry of sports and socialising had been replaced with time to respect themselves and one another and respect their relationships in the family.

The readings this Sunday reflect an early Church waiting for the Holy Spirit. In my own mind discerning the promptings of the Holy Spirit also requires time to listen to His promptings; to spend time with God and allow ourselves to be loved by Him. These promptings are firstly to understand his love for us. It is only after this, that we are called to act out of His love. This means we need time to spend in prayer. My suspicion is that we do not spend time to discern and act out of His love. If this is how I operate, it leaves the possibility that I am operating out of selfishness rather than selflessness.

As we prepare for Pentecost I am reminded of *the epiclesis* in the Eucharistic prayer:

*Make holy, therefore, these gifts, we pray
by sending down your Spirit upon them like the dewfall,
so that they may become for us
the Body and Blood of our Lord Jesus Christ.*

In some ways our lives become an *epiclesis* preparing for the Holy Spirit to come down on us, so that we may become more fully members of the body of Christ, the Church. As we prepare to celebrate the Eucharist again, we pray to the Holy Spirit to come upon us so that we may appreciate His love for us and share it with others.

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