

**The Reflection from Pastor Fr. John
Carlos, Holy Cross Church, Harrison, NJ,
June 5, 2022**

HOLY BREATH



When a baby is born, it comes forth from the secure environment of its mother's womb into the outside world. Within a few seconds, a critical thing must happen. The newborn has to take its first breath. It must begin to take in life-giving oxygen. A baby's first breath brings joy to all in the delivery room. Breathing means life.

This Sunday's Gospel for the Solemnity of Pentecost ([John 20:19-23](#)) involves life and breath. The Gospel reading relates the events of the First Easter Sunday evening; we hear how the Risen Lord appeared to his

apostles who were hiding in fear behind securely locked doors. The Lord "breathed on them and said to them, 'Receive the Holy Spirit. Whose sins you forgive are forgiven them, and whose sins you retain are retained.'" Jesus blew the breath of the Spirit upon them and commissioned them to be agents of forgiveness, mercy, and new life.

In a sense those apostles were like infants in the womb unsure of what was waiting for them outside their hiding place. Enlivened with the breath of the Spirit they go forth to announce the Good News.

This Sunday, the Solemnity of Pentecost reminds us of the presence of the Holy Spirit in our Church and in our personal lives. A simple way we can continue to recall the presence and the power of the Holy Spirit is by concentrating on our breathing. By stopping for a few moments to consider our breathing we can remember the Holy Spirit that was breathed upon us. Slowing repeating a phrase, such as "Come Holy Spirit," can make that moment even more prayerful and reflective.

Father John Carlos

圣神降临节 (6/5/2022)

今天是圣神降临节，也称五旬节。耶稣完成使命升天后，派遣圣神降下，那充满奇异舌形如火的圣神顿时打开门徒的心，开启他们的眼，使他们能说以前从未说过的各种方言在来自各国聚集的人前宣扬天主伟大的作为。那些来自天下的人都神奇地听到了自己的方言。圣神也使门徒们变得异常勇敢，走出去为主基督作见证。

圣神的降临把天主跟我们基督徒新的盟约直接写在我们的心里，以代替梅瑟旧的法律。两千多年来圣神一直带领着我们圣教会忠实地履行着主耶稣交托给门徒和我们基督徒要行使的福传使命，圣化我们教会的圣事，陪伴着我们度过各种困难，黑暗，和充满挑战的时期