

Pentecost Sunday
June 8, 2025
Year of the Holy Spirit

“Our soul is a little heaven in which the Creator of Heaven and Earth takes up His abode. Is there anything so grand as to see Him, whose grandeur would fill a thousand worlds, hiding in such a little dwelling as our soul!” (Saint Teresa of Jesus)

When a person is baptized, we believe the Holy Spirit comes to dwell within the person's soul. Likewise, we further believe the Holy Spirit is truly as present within the soul of a baptized person as He is found in Heaven. His love for us is so profound and enduring that He chooses to remain there for all Eternity. We could say this: We become living tabernacles, homes to the Holy Spirit. Our souls, His dwelling place, has often been compared to the presence of Jesus found in His Eucharistic Body housed within our church's tabernacle. As amazing as this may seem, we know that Christ's presence in the Blessed Sacrament will cease on the Last Day. However, the Holy Spirit dwelling within our souls will remain for all eternity, provided we reside with Him in Heaven. Allow me to propose this thought to each of you. If the Holy Spirit dwells within our souls, then are we not obliged to adore and honor Him present within each of us?

On both Wednesday night and Saturday morning, we have set aside a certain time to adore Jesus in the Blessed Sacrament upon our altars. We call this time a Eucharistic Holy Hour. Every person present, and those who for some reason are not here today, are free to come and spend time with Jesus in the Blessed Sacrament. Now, if one were to come and, for an unexpected reason have to leave, you would be comforted that someone else would be present, so the Blessed Sacrament is not left unattended. I am able to say this confidently because there have always been multiple people present during each Holy Hour. Now ask yourself, IF someone can take your place adoring the Blessed Sacrament upon the altar, can anyone take your place adoring the Holy Spirit present within your soul? If we fail to attend to the Holy Spirit dwelling within our souls, then He is completely abandoned because no one can take your place. And this, my family, begins by our not addressing a single prayer to the Holy Spirit or, much worse, submitting to certain temptations which lead us into choosing mortal sin. In that far worse case, the Holy Spirit no longer dwells within our soul because our choice or choices have evicted Him from His place within our souls. Sadly, and I confess this through personal experience, we can live separated from the Holy Spirit's presence within our souls for days, months or years without feeling better or worse because of it. If this is the case with any one present, then Pentecost is a great day to change our path.

We can start by examining one small point: how much time, in a week, do we spend taking care of our bodies? Calculate in your mind how much time does it take you in a day to care for your body through personal hygiene, meals, exercise or providing rest and

comfort. Once you formulate a rough estimate, now compare that number to the time you spend taking care of your soul through prayer to God, reading the Bible or studying the Christian faith. Our likeness to God is not solely based upon our material body. Our bodies are awesome, but they form one part of us. We possess a soul. Within our souls are found present everything which forms us in His Divine Image. From our intellect to our free will, all these are present within our soul and are guided by the Holy Spirit. If we do not take purposeful time to strengthen our relationship with the Holy Spirit within us, then, can we honestly anticipate we will grow into the saints God desires us to be who will reside with Him for all eternity in Heaven? Just a thought for you to ponder.