

Gospel message:

Since our baptism, the Holy Spirit has been forming us into the Body of Christ; we continue Christ's life of love in our world.

Do



Gospel action:

Bless yourself slowly first thing every morning as a reminder that the good you do that day is undertaken with the help of the Spirit given to you in baptism and is carried out. . In the name of the Father and of the Son and of the Holy Spirit AMEN

Pentecost Sunday - Christ's Body on Earth