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## *At Home with Contemplation*

### *PENTECOST NOVENA – 1. Friday*

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#### *Lighting of Candle in Silence*

#### *Responses*

At the beginning of a New Day:  
To Still our Restless Bodies:  
To Quieten our Minds:  
That we might Listen for God's Voice

*We breathe in God's Spirit*  
*We breathe in God's Spirit*  
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*We breathe in God's Spirit*

#### *Gospel of the Day*

**John 16:20-23: Your hearts will be full of joy that no-one will take from you**

Jesus said to his disciples:

‘I tell you most solemnly,  
you will be weeping and wailing  
while the world will rejoice;  
you will be sorrowful,  
but your sorrow will turn to joy.  
A woman in childbirth suffers,  
because her time has come;  
but when she has given birth to the child she forgets the suffering  
in her joy that a child has been born into the world.  
So it is with you: you are sad now,  
but I shall see you again, and your hearts will be full of joy,  
and that joy no one shall take from you.  
When that day comes,  
There will be no more need for any questions.’

#### *Suggested Phrase of the Day*

*your sorrow will turn to joy*

## *Contemplative Time*

### *Sequence Verse*

*Holy Spirit, Lord of Light,  
From the clear celestial height  
Thy pure beaming radiance give.*

### *Invocation of the Holy Spirit*

Come Holy Spirit,  
fill the hearts of your faithful  
and kindle in us fire of your love.  
Send forth your Spirit  
and we shall be created.  
And you will renew the face of the earth.

O, God, who has taught the hearts of the faithful  
By the light of the Holy Spirit,  
grant that by the same Spirit  
we may be always truly wise  
and ever rejoice your consolations,  
Through Christ Our Lord. Amen.

### *A Blessing on the Day*

Breath of God,  
Light of Truth,  
Source of Beauty,  
Instil your peace in us.  
And open our eyes  
To the gift of this new day.  
Prompt our every thought, word, and deed  
With grace and love.  
That we too may be a gift to others.  
Now and always. Amen.