



Sunday the 24th of May 2026, Pentecost, Year A

Our Lady of Perpetual Help Parish **Children's Bulletin**

The Holy Spirit



In today's Gospel, John 20:19-23, Jesus is preparing to leave the disciples and return to heaven. Last week He promised that He would leave them with another guide, the Holy Spirit. This week He calls the Holy Spirit down upon them. They were changed.

They had been hiding because they had been afraid. They had been questioning what came next and doubting their place in it all. The Holy Spirit replaced their fear with courage. The Holy Spirit grew their understanding. He turned them from followers into confident witnesses and the beginning of the Church.



We receive the Holy Spirit in Baptism. This is when we are brought into God's family, the Church.



Challenges for the week

Pray a short prayer every morning: "Come, Holy Spirit, help me today."

Before bed, think about where you saw kindness, courage or love today. That's the Holy Spirit at work.



During Confirmation, we are anointed with the Oil of Chrism and the Holy Spirit deepens and strengthens what was given to us in Baptism. We are given gifts like wisdom, courage, understanding, and right judgement, just like the disciples were. We are marked as belonging to God in a mature, committed way. We are called to spread the Good News and love of God, just like the disciples, with the Holy Spirit as our guide and help.

