

## The Fruits of the Spirit - 22 May 2017

**Song**                    **Veni Sancte Spiritus (Taizé)**

**All sing:**            Veni Sancte Spiritus

**Reading**                **Galatians 5:22-25**

What the Spirit brings is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

**All sing:**            Veni Sancte Spiritus

### Introduction

**Reflection**    **Love**

‘Nothing is more practical than finding God, that is, than falling in love in a quite absolute, final way. What you are in love with, what seizes your imagination, will affect everything. It will decide what will get you out of bed in the morning, what you will do with your evening, how you will spend your weekends, what you read, who you know, what breaks your heart, and what amazes you with joy and gratitude. Fall in love, stay in love and it will decide everything.’

*(Attributed to Pedro Arrupe, SJ)*

**Song**                    **If Ye Love Me (Thomas Tallis)**

**Reflection**

Even after all this time the sun never says to the earth - ‘You owe me’. Look what happens with a love like that. It lights the whole sky. *(Hafiz)*

**Song**                    **I Love You, Lord (Celebrant Singers)**

**All say:**            ‘God loved us before he made us;  
and his love has never diminished and never shall.’

*(Julian of Norwich)*

**Reflection**            **JOY**

‘Let anyone who comes to you go away feeling better and happier. Everyone should see goodness in your face, in your eyes, in your smile. **Joy** shows from the eyes. It appears when we speak and walk. It cannot be kept closed inside us. It reacts outside. Joy is very infectious.’ *(Blessed Teresa of Calcutta)*

**Song**                    **Joyful, Joyful (Beethoven Adapted)**

## Reflection

'Few human joys are as deep and thrilling as those experienced by two people who love one another and have achieved something as the result of a great, shared effort.' (*Amoris Laetitia – 130*)

## Reflection **PEACE**

### Song **Dona la Pace (Taizé)**

**All sing:** Dona la pace Signore a chi confida in te.  
Dona, dona la pace Signore, dona la pace.

## Reflection

'Our souls may lose their **peace** and even disturb other people's, if we are always criticising trivial actions - which often are not real defects at all, but we construe them wrongly through our ignorance of their motives.' (*Saint Teresa of Avila*)

### Song **Peace I Leave with You (Cherubini)**

## *A Moment of Silence*

### Song **The Peace of the Earth (Guatamalan)**

**All sing:** The peace of the earth be with you, the peace of the heavens too  
The peace of the rivers be with you, the peace of the oceans too  
Deep peace falling over you. God's peace flowing in you.

## Reflections **PATIENCE**

A moment of patience in a moment of anger saves you a hundred moments of regret.

### Song **Patience People (John Foley)**

**All sing:** Patience people till the Lord is come

## Prayer

**All say:** Let nothing disturb you,  
Let nothing frighten you,  
All things are passing away:  
God never changes.  
**Patience** obtains all things  
Whoever has God lacks nothing;  
God alone suffices. (*St. Teresa of Avila*)

**Reflection**            **KINDNESS**

‘No act of kindness however small is wasted’ (*Aesop*)

**Song**                    **(Extract) The Lord is my Shepherd (John Rutter)**

**Reflection**

‘Spread love everywhere you go: first of all in your own house. Give love to your children, to your wife or husband, to a next door neighbour... Let no one ever come to you without leaving better and happier. Be the living expression of God's **kindness**; kindness in your face, kindness in your eyes, kindness in your smile, kindness in your warm greeting.’            (*Blessed Mother Teresa of Calcutta*)

**Reflection**            **GOODNESS**

**Song**                    **May the Goodness of the Lord (Ronan McDonagh)**

**All sing:**            May the goodness of the Lord be upon us,  
and give success to the work of our hands.

**Reflection**

‘Goodness is the only investment that never fails’ (*Henry David Thoreau*)

**Reflection**            **FAITHFULNESS**

**Song**                    **Faithful is the Lord our King (Liam Lawton)**

**All sing:**            Faithful is the Lord our king let us all in glory sing  
Ever praise in song and word, holy, holy, holy Lord.

**Reading**            **Proverbs 3:3**

Let love and faithfulness never leave you;  
bind them around your neck,  
write them on the tablet of your heart.

**Song**                    **Great Is Thy Faithfulness (Chisholm/Runyan)**

**All sing:**            Great is thy faithfulness! Great is thy faithfulness!  
Morning by morning new mercies I see;  
all I have needed thy hand hath provided;  
great is thy faithfulness, Lord, unto me!

**Reflection**            **GENTLENESS**

Blessed are the gentle for they shall have the earth as inheritance (*Matt 5:4*)

**Song**                    **Hail Mary, Gentle Woman (Carey Landry)**

## Reflection

God is gentle and he loves gentleness in everything. He gives for gentleness what he does not give for violence or anything else. *(Islamic Text)*

## Reflection **SELF-CONTROL**

### Song **Take Lord and Receive (John Foley)**

**All sing:** Give me only your love and your grace that's enough for me

## Reflection

'A clear rule for self-control handed down by the Fathers is this: stop eating while still hungry and do not continue until you are satisfied.' *(St. John Cassian)*

## Litany of the Holy Spirit

**All sing:** Send us your Spirit, O Lord (2)

When our hearts are broken and we ache for **love**

When we are happy and we jump for **joy**

When in troubled waters and we long for **peace**

**All sing:** Send us your Spirit, O Lord (2)

When we are frustrated and have lost our **patience**

When we are fragile and need a little **kindness**

When we are bad and can do with your **goodness**

**All sing:** Send us your Spirit, O Lord (2)

When we are let down and we cherish your **faithfulness**

When we are harsh and in want of your **gentleness**

When we are wild and we lack **self-control**

**All sing:** Send us your Spirit, O Lord (2)

## Concluding Prayer

**All say:** Holy Spirit of renewal and refreshment,  
help us to look after your fruits so generously given.  
May we water them with gratitude and nourish them with care,  
that they will truly blossom in our lives  
and in the lives of all we touch.  
Come, Holy Spirit, Come. Amen.

### Song **Marvellous Things (Spiritual)**

**All sing:** God has done marvellous, God has done marvellous things.  
Praise the Lord.