

Pentecost 2022

A message from our Parish Priest Fr Valentin

Dear Friends and Parishioners of St Therese.

I reach out to you all on this day of Pentecost, as I did on the Day of the Resurrection. I think of you with love and gratefulness.

As most of you are aware, in February I received with great joy the blessing of a visit to my family in Mexico, and at the same time, I had the opportunity to take some courses to nourish my mind and spiritual life.

The courses caught my attention because, since the early years of my ministry, I have observed some patterns in people's lives when it comes to spirituality.

I ventured in an introductory course in biophysics. It is a perspective that, from seven disciplines, looks at people's thoughts, emotions and what we call physical illness, explaining why the spiritual nourishment and growing in consciousness becomes at least too complicated, but other times even impossible.

Let me briefly expand on what I shared with you on Easter Day about the power of our minds to create.

First of all, our minds are not our brains. The mind is information converted in physio-chemical substances called neuropeptides (i.e., emotions) sent by the brain and hosted in every single cell and in all fluids of our bodies.

It explains why our mind is so powerful, not only towards our own body, but even to create all circumstances in our lives around us, positives or negatives.

On the positive side, faith from this point of view can be summarised in the sentence, "if you can believe it, you can create it."

On the negative side, our thinking and beliefs can lead us to create and experience not only problematic relationships and situations, but also undesirable symptoms and illnesses in our own bodies.



In other words, what we call our mind is present in our whole body, and our emotions are the energy that modifies the electricity and chemistry in every cell and fluid of the body, as a result of a particular way of thinking about anyone or anything. A way of thinking can be, for example, judging, criticising, condemning, or understanding, loving, being compassionate or forgiving.

The problem for spiritual nourishment comes when our very body and mind are constantly affected by our emotions. It is from within our bodies that comes the possibility of a life in the spirit, of spiritual maturity or integrity. It will not come as magic from outside. And this is pretty clear in the Holy Scripture.

The Scripture tells us that on the day of Pentecost, the disciples were filled (*eplesthesan*) with the Holy Spirit (Acts 2:4).

We only find the verb "*eplesthesan*" in the writings of Luke, which are the Gospel according to Luke and The Acts of the Apostles.

Luke tells us that the apostles were filled with the Holy Spirit (Acts 2:4) just as people in the synagogue were filled with anger (Luke 4:28), or after Jesus cures the paralytic, they all were filled with fear (Luke 5:26).

People in the temple were filled with wonder and astonishment (Acts 3:10), and the Sadducees were filled with jealousy (Acts 5:17).

As we can see, the verb "*eplesthesan*" connotes that just as the emotion or feeling comes from within the person, so the Holy Spirit comes from within us.

Pentecost is the yearly occasion to reflect on, and celebrate, the presence of the Holy Spirit in our lives. Indeed, it means within our bodies and minds.

The Holy Spirit can only come out and fill us from within us as bore water emerges from a well.

However, if our bodies and minds are affected or filled by emotions that come from our thoughts, we cannot be filled with the Holy Spirit.

This knowledge I am sharing with you had not being valuable if it did not become "**experience**" in my own life.

As a matter of fact, it has been beautiful and healing to live it with my parents, my brothers, my sisters, nephews, nieces,



and friends, in way that would not be possible before I came across this perspective.

I am therefore grateful and responsible for these blessings. I share this journey with the Archbishop Anthony Fisher and the Provincial of the Scalabrinians, who are supportive and accepted my proposal that Fr Maurizio be made administrator so I can extend my leave going a little deeper into the study of this perspective that I am sure will benefit the people of our parish.

I understand and appreciate my responsibility in the Parish, so I have been in touch with Fr Maurizio, who in my absence is looking after the day-to-day pastoral life of the Parish. Thanks to Fr Maurizio I am well kept up to speed with all the matters in our parish. I am also thankful to those of you who have gotten in touch with me to manifest your support.

We shall continue being in touch. I am available to all, particularly by email and I will send other messages that Fr Maurizio can share with you. I envision returning to my duties in the parish, by December 14 of this year 2022.

Valentín

