

MAY 2026 | VOL.18

THE SEEKER'S SCROLL

MONTHLY NEWSLETTER FROM 2 MINUTES WITH THE LORD

COME, HOLY SPIRIT — NEW FIRE



Dear Friends in Christ,

May brings warmth, blossoms, and the Church's great gift — the Month of Mary. But this year, May ends with something that shakes the world to its roots: Pentecost Sunday, May 31. The Holy Spirit arrives not as a gentle whisper, not as a polite visitor who knocks and waits.

He arrives as wind that rattles walls, as fire that rests and does not consume, as a Voice speaking in every human tongue at once.

When was the last time you let the Holy Spirit rattle something in you?

We live in a world that prizes control. We plan carefully, manage risk, protect our comfort zones. The disciples in that upper room did the same — they locked the doors. Fear will do that to you. And yet, into that locked room, the Spirit came anyway. That is the first thing Pentecost tells us: the Spirit does not wait for you to be ready. He finds you where you are and sets you on fire regardless.

This month, I want to walk with you into that upper room. Not just as a historical place — but as the interior room in each of us where we have been hiding, waiting, afraid to step out. I want us to hear again those ancient words that changed twelve frightened people into witnesses who turned the world upside down:

"When the day of Pentecost came, they were all together in one place. Suddenly a sound like a mighty rushing wind came from heaven and filled the whole house where they were sitting." — Acts 2:1-2



The Spirit came to a community gathered in prayer. He still comes that way. May this newsletter be a small upper room for you — a place to pause, to breathe, and to let the fire find you.

With the fire of Pentecost,
Fr. Veigas Dominic, SVD

2 MINUTES OF DIVINE WISDOM



The Spirit Does Not Fill Empty Ambition — He Fills Empty Hands

"Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit." — Ephesians 5:18

The Greek: πληροῦσθε (plēroûsthe)



Paul uses a present passive imperative — be being filled, continually, as a habit, not a one-time event. The Greek word plēroûsthe means to be made full to the point of overflowing. It carries the image of a sail filled by wind, a vessel filled by water until it spills. Paul is not asking the Ephesians to reach for the Spirit — he is asking them to stop resisting the One who is already pressing in.

This is the same Spirit who brooded over the waters at creation (Genesis 1:2), who filled Bezalel with skill to build the Tabernacle (Exodus 31:3), who rested on the seventy elders (Numbers 11:25), who anointed Jesus at His baptism (Luke 3:22), and who descended on the disciples at Pentecost (Acts 2:4). The same Spirit. Still pressing in. Still filling.

Notice what Paul contrasts with the Spirit: drunkenness. Both produce altered states. Both change how you see, speak, and move. The difference is this — wine empties you of yourself and leaves you diminished. The Spirit fills you with God and leaves you more fully yourself. The fruit of the Spirit (Galatians 5:22-23) is not a personality transplant; it is the full flowering of who you were always meant to be.



What empties us to make room for the Spirit?

In the upper room, the disciples had been emptied by grief, confusion, and the humiliating memory of their own failures. Peter had denied Jesus three times. Thomas had demanded proof. They had all fled. And in that emptied, humbled state — with nothing left to prove and no plan of their own — the Spirit came.

We are often busiest filling ourselves: with noise, opinion, entertainment, productivity, approval. The tragedy is not that the Spirit is absent — it is that we have left Him no room. The question is not, 'Why hasn't the Spirit come?' The question is, 'What am I still holding onto that is keeping Him out?'

Examine

What am I 'drunk on' — what preoccupation, fear, or ambition am I letting fill the space the Spirit wants?

When did I last experience a moment of genuine spiritual fire — of being moved, of speaking beyond myself, of loving beyond my own capacity?

Is there a closed door in me — a room I keep locked — that the Spirit has been knocking on?

How does my prayer life either make space for the Spirit or quietly shut Him out?

Action Step

Try the 'Two-Minute Emptying' this week. Once a day, before prayer, sit quietly for two minutes and name aloud — or write — what you are currently full of: worries, plans, grudges, distractions. Then pray simply: 'Lord, I am emptying my hands. Fill me.' Then sit in silence for two more minutes and let the Spirit do what He will.

A Pentecost Prayer

"Come, Holy Spirit, fill the hearts of Your faithful and kindle in them the fire of Your love. Send forth Your Spirit and they shall be created, and You shall renew the face of the earth. Amen."

7 DAYS OF PENTECOST FIRE

One week. Seven small flames. Let the Spirit move you from upper room to open street.

Day 1: Pray the Come Holy Spirit prayer slowly, word by word, before you start your day.

Day 2: Speak one word of truth with love to someone who needs to hear it — and do it gently.

Day 3: Forgive one person you have been avoiding in your heart. You do not have to call them. Begin inside.

Day 4: Offer your work — all of it, even the tedious parts — as a fire of love to God. Say it out loud at your desk or kitchen.

Day 5: Do one act of service you were not asked to do and do it without anyone knowing.

Day 6: Spend 10 minutes in silence with a single question: 'Holy Spirit, what are You building in me right now?'

Day 7: Pentecost Sunday — go to Mass, receive the Eucharist as the fire of God, and ask the Spirit to make you a witness today.

MARY AND PENTECOST

May is the Church's great month of Marian devotion. But this May leads us directly to Pentecost — and Mary was there. She was in the upper room (Acts 1:14). She who said 'yes' to the overshadowing of the Spirit at the Annunciation was present when the Spirit descended upon the whole Church.

Mary does not stand apart from Pentecost. She stands at its heart. She is the first disciple who showed us how to receive the Spirit — in silence, in surrender, in complete openness. Her fiat was not a once-and-done moment. It was a posture of perpetual availability to God.

This May, let her teach you how to say 'yes' to whatever the Spirit is asking. Not the big dramatic yeses — the small, daily, quiet ones. The yes to patience when you are irritated. The yes to kindness when you are tired. The yes to prayer when you are distracted. These small fiats are Pentecost lived out one moment at a time.

"All these with one accord devoted themselves to prayer, together with the women and Mary the mother of Jesus." — Acts 1:14



NEWS FROM THE CHURCH



1. Pentecost 2026: The Church at Pentecost — A Word from Pope Leo XIV

As the Church prepares to celebrate the great solemnity of Pentecost, Pope Leo XIV has called Catholics worldwide to renew their openness to the gifts of the Holy Spirit. In a recent address, the Holy Father reminded us that Pentecost is not merely a feast we observe — it is a commission we receive. 'The Church does not gather to remember Pentecost,' he said; 'the Church gathers to become Pentecost again.'

He urged the faithful to return to the practice of communal prayer, noting that the upper room was not filled with isolated individuals but with a community 'all gathered in one place' (Acts 2:1). Unity, he reminded us, is the vessel into which the Spirit is poured.

Source: Vatican News

2. Charismatic Renewal at 60: A Legacy Still Burning

The Catholic Charismatic Renewal movement, which began in 1967 at Duquesne University when a small group of students prayed for a fresh outpouring of the Spirit, marks its anniversary this year. From that quiet weekend of prayer emerged a worldwide movement now present in over 230 countries and encompassing more than 160 million Catholics.

The movement's legacy includes not only the restoration of gifts like tongues, prophecy, and healing to the life of ordinary parishes, but also a renewed emphasis on personal encounter with Jesus Christ — the kind of encounter that transforms rather than merely informs. As we approach Pentecost, this anniversary invites every Catholic to ask not 'What did the Spirit do then?' but 'What is the Spirit doing now?'



◆ SNAP SAINT ◆

ST. PHILIP NERI

APOSTLE OF ROME

- Founder of the Congregation of the Oratory in 1575.

- Mystic and known as 'Good Little Phil' ✝

- Patron of educators, humor, and U.S. Special Forces. ❤

FEAST DAY:
MAY 26

"A joyful heart is more easily made perfect than a downcast one".

CALLED TO PREACH



PRAY FOR US



SAINT PHILIP NERI: APOSTLE OF ROME

Saint Philip Neri is often remembered as the cheerful saint of Rome—the priest with a contagious laugh, a playful spirit, and a heart so full of joy that people called him the “Apostle of Rome.” Yet beneath the humor and warmth stood a man whose holiness quietly transformed an entire city during one of the Church’s most difficult periods.

Philip was born in Florence in 1515, during a time of political unrest and religious upheaval in Europe. As a young man, he left behind the possibility of wealth and business success and travelled to Rome, sensing that God was calling him to something deeper. Rome at the time was spiritually wounded—many people had grown distant from prayer, corruption had weakened parts of society, and the Church itself was facing the turmoil of the Protestant Reformation.

Philip began not with grand sermons or public campaigns, but with personal encounters. He wandered the streets, visited hospitals, cared for the sick and poor, listened to young people, and spoke about God with warmth and simplicity. His room became a place of conversation, prayer, laughter, and spiritual renewal. Slowly, a movement formed around him. Eventually, he founded the Congregation of the Oratory in 1575—a community of priests dedicated to prayer, preaching, music, and joyful evangelization.

Philip’s spirituality was deeply marked by love of the Holy Spirit. Tradition tells us that during prayer in the catacombs, he experienced a mystical encounter in which a globe of divine fire entered his chest. Afterward, his heart was said to beat with such intensity that two of his ribs were enlarged. Yet despite mystical experiences, Philip remained remarkably humble. He often joked about himself, avoided praise, and used humor to protect his soul from pride.

The Joy That Defeated Darkness

Saint Philip Neri understood something many people forget: holiness is not meant to suffocate the soul but to set it free. In an age weighed down by fear, division, and seriousness, Philip radiated joy. His humor was not superficial entertainment; it was spiritual medicine. He believed that a gloomy Christian could not fully reflect the beauty of Christ.

His witness speaks powerfully today. Many people carry hidden burdens—stress, loneliness, anxiety, spiritual exhaustion. Philip reminds us that faith is not only about enduring life but learning to live it with grace-filled joy. Laughter, kindness, friendship, prayer, and simple acts of love can become paths to holiness.

Reflection for Today

Saint Philip Neri did not conquer cities with power or arguments. He changed hearts through joy, presence, humility, and love. In a world often overwhelmed by noise and heaviness, he reminds us that sometimes the most powerful witness to Christ is a joyful soul that makes others feel seen, loved, and hopeful.

Saint Philip Neri died on 26 May 1595 in Rome, Italy, at the age of 79. His final words are traditionally remembered as a humble blessing to those gathered around him. Rome mourned him deeply because he had become a spiritual father to countless people across the city.

He was canonized on 12 March 1622 by Pope Gregory XV. Interestingly, he was canonized alongside several other great saints of the Catholic Reformation era, including:

- Saint Ignatius of Loyola
- Saint Francis Xavier
- Saint Teresa of Ávila
- Saint Isidore the Farmer

This remarkable canonization group became known in Rome as a celebration of saints who renewed the Church through holiness, mission, reform, prayer, and joyful witness.

QUIZ

In which country was Saint Philip Neri born?

- a) France
- b) Spain
- c) Italy
- d) Greece

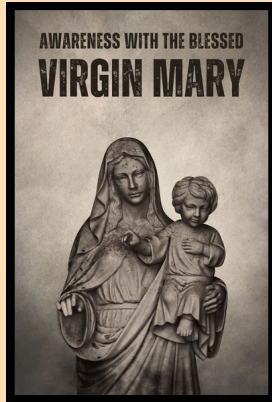
What title is Saint Philip Neri commonly known by?

- a) Apostle of Mercy
- b) Apostle of Rome
- c) Defender of the Faith
- d) Desert Father

Which congregation did Saint Philip Neri found?

- a) Jesuits
- b) Franciscans
- c) Congregation of the Oratory
- d) Dominicans

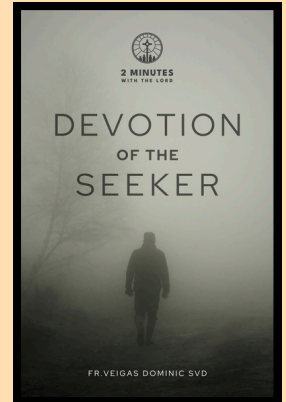
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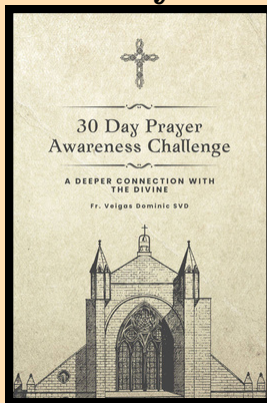
Awareness of the
Blessed Virgin
Mary



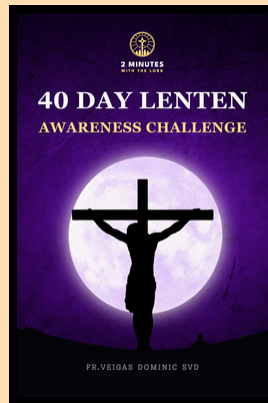
Guiding Little Hearts
of Hope



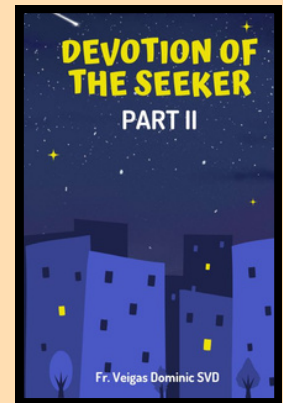
DEVOTION OF THE
SEEKER



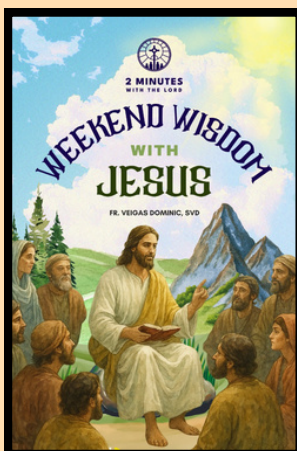
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Awareness
Challenge



40 Day Lenten
Awareness
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Success Planner
2026

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