

Jesus speaks to us today about an Advocate: the Holy Spirit.
What is an Advocate?

An Advocate is someone who is on our side; a cheerleader for us; an encourager.

An Advocate may be someone who has hope for us; who believes in us; who believes in our goodness.

An Advocate inspires us; pushes, pulls, nudges us; moves us.

An Advocate is someone who supports us; who is with us.

We know we have an Advocate when someone is compassionate, helpful and loving; when someone is kind, gentle and forgiving.

Each one of us has had many experiences of Advocates in our lives: Who were these Advocates? They may have been: Parents, siblings, and grandparents; Teachers, doctors and nurses; Priests, sisters and friends; Spouses, sons and daughters; Therapists, colleagues, and mentors. All of these Advocates were instruments of the original Advocate: the Holy Spirit.

During the coming week be vigilant for opportunities to be an Advocate. Keep our ears, eyes, and hearts open to moments when the Holy Spirit may be inviting us to share in the gift of being an Advocate. It is a sacred calling. It is a grace given to each of us.

My sisters and brothers, continue the work of the Holy Spirit among us. Be an Advocate!