

# LIVING FAITH

FIFTH SUNDAY OF EASTER



## THE GOSPEL FOR TODAY

John 13:31-35

When he had gone out, Jesus said, ‘Now the Son of Man has been glorified, and God has been glorified in him. If God has been glorified in him, God will also glorify him in himself and will glorify him at once. Little children, I am with you only a little longer. You will look for me; and as I said to the Jews so now I say to you, “Where I am going, you cannot come.” I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another.’

## TAKING THE GOSPEL HOME

In the Gospel that we hear proclaimed today, Jesus is preparing His disciples for the day, soon to come, when he will no longer be among them, but ascended to Heaven. He leaves them with some final words of advice and encouragement: “I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another.”

What does “love” mean? Is Jesus talking about a warm feeling, an emotion? Love is certainly an emotion; we feel love. But what Jesus is talking about here is different. Love is a decision, and act of the will. It is also a way of life. When we love others, we want the best for them. More than that, we serve them, advocate for them, and act on their behalf.

How do we know that Christians love one another? When we see that love in action, when the hungry are fed, the homeless are sheltered, the imprisoned are given dignity, when the sick are cared for, when the uneducated are being taught. Christian love is the way we live.

## PONDER AND DISCUSS

- How do you see Christian love in action in the world around you?



## VICTORIA DAY WEEKEND SOME IDEAS FOR FAMILIES

"May 24" Long weekend is this weekend, May 18-20. Monday is Victoria Day and is usually a kick off to spring and even summer fun, though here in Newfoundland and Labrador it can be an experience of Winter Fun, too! A long weekend can be a chance to unplug, to be together, and to do things you might not ordinarily have time to do. These activities don't have to cost money. What can your family do this weekend?

### HAVE A PICNIC

If the weather is good, have a picnic outdoors. But why let the weather spoil your fun? You can pick an indoor spot, either at home or somewhere else, and have a picnic.



### VISIT A HISTORIC SITE

Many of them are open on Victoria Day weekend, and most offer a free tour. Is there a place you have never seen? ... the Basilica? ... Signal Hill? .. the lighthouse at Cape Spear? ... Cape Race?

### FAMILY MOVIE NIGHT

Pick a fun movie and make a favourite snack. There are some good movies about Queen Victoria; you might like to try one, like "Her Majesty, Mrs. Brown," "The Young Victoria", or "Victoria and Abdul."



### CUPCAKES

Make some cupcakes and have a decorating contest. Put out some fun icing, food colouring, a few candies, sprinkles or whatever you have on hand. The prize is that each gets to choose a cupcake to enjoy!

### HELPING HANDS

Take some time this weekend to reach out and help others. Maybe look for someone who needs a hand, and offer a few hours of your time to help them. They'll be happier, and so will you!

### ONE MORNING OF QUIET

Why not pick a morning to lounge together? Make breakfast and curl back up under the covers! Each person can take a book or an iPad, write a letter, just give yourselves permission to relax!

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**THE CHURCH TEACHES**  
**ACTING AS THE PEOPLE OF GOD**  
from the *Catechism of the Catholic Church*, #782

**Characteristics of the People of God**

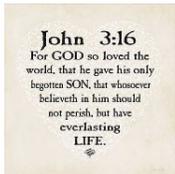
The People of God is marked by characteristics that clearly distinguish it from all other religious, ethnic, political, or cultural groups found in history:

It is the People of God: God is not the property of any one people. But he acquired a people for himself from those who previously were not a people: "a chosen race, a royal priesthood, a holy nation."



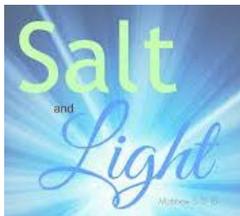
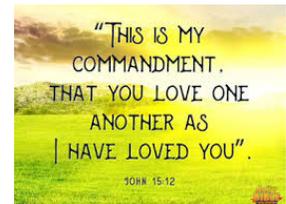
One becomes a member of this people not by a physical birth, but by being "born anew," a birth "of water and the Spirit," that is, by faith in Christ, and Baptism.

This People has for its Head Jesus the Christ (the anointed, the Messiah). Because the same anointing, the Holy Spirit, flows from the head into the body, this is "the messianic people."



"The status of this people is that of the dignity and freedom of the sons of God, in whose hearts the Holy Spirit dwells as in a temple."

"Its law is the new commandment to love as Christ loved us." This is the "new" law of the Holy Spirit.



Its mission is to be salt of the earth and light of the world. This people is "a most sure seed of unity, hope, and salvation for the whole human race."

Its destiny, finally, "is the Kingdom of God which has been begun by God himself on earth and which must be further extended until it has been brought to perfection by him at the end of time."



## CHRIST'S HANDS AND FEET A TREASURE FROM OUR CHRISTIAN HERITAGE

St. Teresa of Ávila (1515-1582) is probably the female saint and mystic with the greatest influence in the world. She entered and reformed the Carmelite Order, and established small convents throughout Spain. She traveled on foot, and thus became called the “walking” (“andariega”) saint.

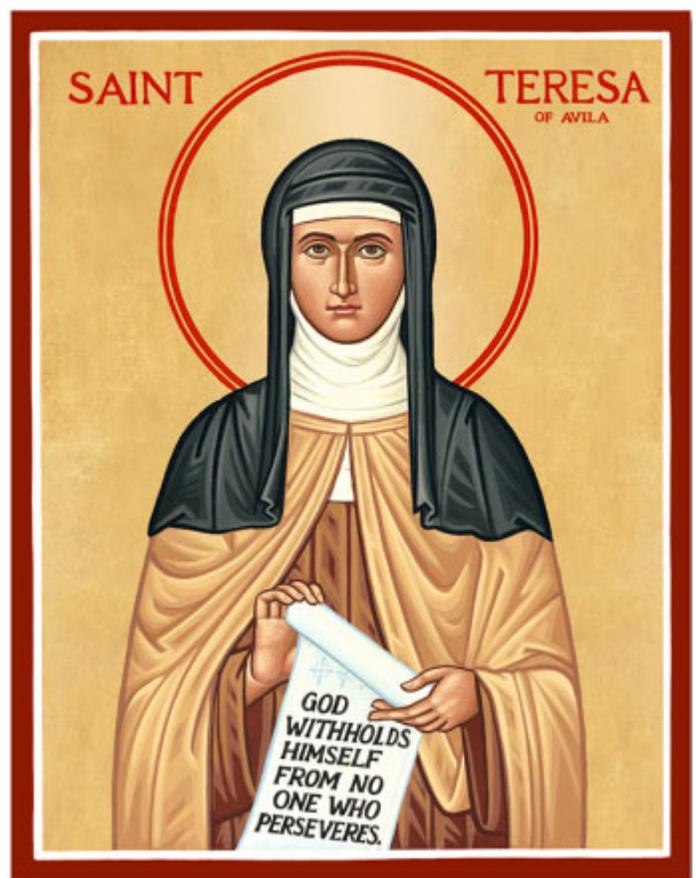
She taught her nuns to think and pray on their own, and to concentrate in order to hear the Lord in their interior, in what she called the “Interior Castle.” She always abandoned herself to God’s will, and often used to say, “I am yours, Lord; I was born for You. What do you want from me?”

Teresa suffered greatly from illnesses, and is patron saint of those who suffer from headaches.

In 1970, together with Saint Catherine of Siena, she was declared a Doctor of the Church.

“Christ has no body here on earth but yours, no hands but yours, no feet but yours; yours are the eyes through which to look at Christ's compassion for the world, yours are the feet with which he is to go about doing good, and yours are the hands with which he is to bless us now.”

St Teresa of Avila (1515-1582)



Watch a short video about St. Teresa of Avila [here](#).