

SUNDAY PLUS

Come, Holy Spirit of love!

“Peace be with you”

By Mary Bell

Imagine the desolation of the disciples, huddled together in that shuttered room from which they hardly dare move; fearful that they will be recognised as followers of this Jesus who has let them down by being ignominiously put to death.

Then, suddenly, amazingly, terrifyingly at first, into their darkness he comes: Jesus, their light and their hope whose first word is “Peace”. Understanding their fear and that they have never been in such need of peace, he even repeats the words, “Peace be with you”. Imagine the relief, the smiles and incredible joy.

Not only that but he breathes into them the Holy Spirit to strengthen them for their mission as he sends them out

into the world to do the Father’s bidding by spreading the balm of forgiveness for sins.

Jesus’ words are significant for us too. In our fast-moving modern world, we are full of stress and anxiety, huddled in our daily worries; like the disciples some of us are in despair, some even in mortal danger: all in need of hope. If we only listen and believe, Jesus’ “Peace be with you” can calm the turmoil of our souls, enter our inner being and bring us this special gift that the world cannot give us: himself.

Today, Jesus, we turn to you. Give us courage and faith. Breathe the Holy Spirit into our hearts that we may go out and serve you with whatever gifts we have received, carrying your peace to all the people we encounter.

Following many years in the classroom, retired teacher and school principal, Mary Bell now has time to enjoy the beauties of the natural world around her.



Credit: Our Lady and St Peter's church, Leatherhead

Do not put up resistance to the Holy Spirit: this is the grace for which I wish we would all ask the Lord; docility to the Holy Spirit, to that Spirit who comes to us and makes us go forward on the path of holiness, that holiness of the Church which is so beautiful.

Pope Francis

A recipe for love

But if you love and must needs have desires, let these be your desires:
 To melt and be like a running brook that sings its melody to the night.
 To know the pain of too much tenderness.
 To be wounded by your own understanding of love;
 And to bleed willingly and joyfully.
 To wake at dawn with a winged heart and give thanks for another day of loving;
 To rest at noon hour and meditate love’s ecstasy;
 To return home at eventide with gratitude;
 And then to sleep with a prayer for the beloved in your heart and a song of praise on your lips.

Kahlil Gibran

Feast of the week

Monday 29 May

Blessed Virgin Mary, Mother of the Church

Our Lady also wants to bring the great gift of Jesus to us, to us all; and with him she brings us his love, his peace, and his joy. In this, the Church is like Mary: the Church is not a shop, she is not a humanitarian agency, the Church is not an NGO. The Church is sent to bring Christ and his Gospel to all. She does not bring herself – whether small or great, strong

or weak, the Church carries Jesus and should be like Mary when she went to visit Elizabeth. What did Mary take to her? Jesus. The Church brings Jesus: this is the heart of the Church, to carry Jesus! If, as a hypothesis, the Church were not to bring Jesus, she would be a dead Church. The Church must bring Jesus, the love of Jesus, the charity of Jesus.

Pope Francis



Spirit of love and peace, humanity is often divided. Unity and understanding can seem so distant as innocent people become victims of injustice and cruelty. Help me to radiate love to my own little world. Make me an instrument of your peace. Amen.

Today: Acts 2:1-11 1 Corinthians 12:3-7, 12-13 John 20:19-23	Monday: Genesis 3:9-15, 20 or Acts 1:12-14 John 19:25-34	Tuesday: Ecclesiasticus 35:1-15 Mark 10:28-31	Wednesday: Zephaniah 3:14-18 or Romans 12:9-16 Luke 1:39-56	Thursday: Ecclesiasticus 42:15-25 Mark 10:46-52 (E&W) Our Lord Jesus Christ, the Eternal High	Priest (Feast): Genesis 22:9-18 or Hebrews 10:4-10; Matthew 26:36-42	Friday: Ecclesiasticus 44:1, 9-13 Mark 11:11-26	Saturday: Ecclesiasticus 51:17-27 Mark 11:27-33	Next Sunday: Exodus 34:4-6, 8-9 2 Corinthians 13:11-13 John 3:16-18
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