

Third Sunday of Easter

Acts 2, 14. 22-33; 1 Pet 1, 17-21; Lk 24, 13-35

“From Grief to Abundance: Encounters with the Risen Lord”

INTRODUCTION

Long ago, in a small village, a man was known for planting the most beautiful gardens. Each spring, he would begin by sowing tiny seeds in the bare soil, carefully tending them, watering them, and protecting them from the wind. Neighbours often asked, “Why do you put so much effort into seeds that may never grow?” And he would answer with a smile, “I trust that life will flourish; it always does, if we care and wait patiently.”

Today, we gather as a parish family to celebrate the Third Sunday of Easter. Like that gardener, we bring our hearts—sometimes empty, sometimes heavy with grief, doubt, or fear—and we place them before God. We trust that, as with the seeds, God’s life will take root, transform our sorrow into joy, and reveal Himself in unexpected ways.

Let us prepare to journey together in this Eucharist, ready to recognize the Risen Lord in ordinary moments, in our shared prayers, and in the breaking of the bread.

PENITENTIAL ACT

Lord Jesus Christ,

- sometimes we feel lonely and abandoned; be with us then. Lord, have mercy.
- sometimes we can no longer see how to go forward; be our way then. Christ, have mercy.
- sometimes we lack the courage to take new steps; strengthen us then with your Spirit. Lord, have mercy.

PRAYER OF ABSOLUTION

May the good God take from us all guilt and error, all that separates us from Him and His love, and strengthen us to walk faithfully in His ways, confident in His presence in our daily lives. Amen.

INVITATION TO THE GLORIA

Let us now stand and join in the song of praise, celebrating the joy of our risen Lord, who turns sorrow into joy and emptiness into abundance.

COLLECT

Good God, we thank You for the gift of each day, for the ways Your presence renews our hearts, and for the hope Your Spirit plants in us. Forgive us when we fail to trust Your guidance or when we forget that You are near in ordinary moments. Give us the courage to open our hearts fully to Your Word and Your love.

May Your Spirit strengthen us to walk faithfully, sharing Your joy and mercy with others, and may Your Word enlighten our minds and set our hearts on fire with love for You.

Amen.

HOMILY: “FROM GRIEF TO ABUNDANCE: ENCOUNTERS WITH THE RISEN LORD”

Some years ago, a group of pilgrims set out on a long journey to the holy city of Jerusalem. Among them was an elderly woman who had walked countless miles—to Lourdes, Fatima, Santiago de Compostela. But what mattered most, she told the others, was not the distance or the monuments visited; it was the stories she heard along the way—the whispered prayers, the shared sorrows, the joys that found voice in companionship. “We travel together,” she said, “and in listening to each other, God reveals Himself to us.”

She once explained that on one pilgrimage she had walked beside a young mother who had just lost her child. They walked in silence for hours before words finally came. “It was not advice she needed,” the elderly pilgrim said, “but presence.” And somewhere between tears and quiet footsteps, faith was rekindled. Sometimes God does not speak from the sky; He speaks through the steady rhythm of steps taken together.

Today, our Gospel invites us on a similar journey—not through physical landscapes, but through the terrain of our hearts. Two disciples walk away from Jerusalem, heavy-hearted and downcast. Their hopes had been pinned on that city: they believed the Messiah would redeem Israel there. But the crucifixion shattered those hopes.

Jerusalem, once full of promise, seems empty.

And isn't that the way life often is? A dream collapses. A diagnosis arrives. A relationship ends. A prayer seems unanswered. We carry grief, disappointment, fear, and doubt, thinking that turning away might spare us pain. Yet often, the very place we flee holds the healing we seek. How often do we avoid conversations, memories, or responsibilities because they remind us of hurt? And yet grace frequently waits precisely there.

As the disciples walk, they speak to one another, telling the story of Jesus—His ministry, His death, and the empty tomb. Here is the first lesson for us: there is healing in telling our story. Grief unspoken often grows heavier; grief shared becomes lighter. Sharing grief, whether the loss of

a loved one, a health crisis, a broken relationship, or even a shaken faith, allows God's presence to enter.

I once met a man who had lost his job unexpectedly after decades of faithful work. For months he withdrew in embarrassment. But one evening at a parish gathering, he finally spoke of his fear and shame. Others quietly admitted their own struggles. That night did not immediately solve his problem—but something changed. Isolation gave way to solidarity. Shame gave way to dignity. God had entered through conversation.

Sometimes the one who listens is a stranger—just as the Gospel tells us a stranger joins them on the road. He listens without judgment and begins to share a larger story: God's story. The story of suffering that leads to resurrection. And their hearts burn with understanding.

Encounter with the risen Lord often begins in ordinary moments—conversation, listening, being heard. A simple story illustrates this beautifully: a teacher once noticed a quiet, withdrawn student. One morning, she thanked him

by name for a small act of kindness. His face lit up, surprised and joyful. That small recognition transformed his day. Years later, he would say that moment convinced him he mattered.

So it is with the risen Christ—He meets us in ordinary moments, notices us, invites us, transforms hope, and lights despair with joy. Often it is not the dramatic miracle but the quiet assurance: “I see you. I am with you.”

Let us now walk to the shores of the Sea of Galilee at dawn. Picture the disciples returning to fishing, exhausted and empty-handed. The night stretched behind them; the morning shimmered ahead. They had returned to what was familiar. When dreams collapse, we often retreat to routine.

A stranger stands on the shore, near a charcoal fire, with bread and fish ready. He asks, casually, “Have you any food?” They answer honestly, “No, we have nothing.” How powerful that honesty is. No excuses. No pretence. Just truth.

Then He instructs them: “Cast the net on the right side of the boat.” Hesitant, they obey—and the nets overflow. One disciple recognizes Him: “It is the Lord!”

Here lies another truth: resurrection happens in ordinary life. In moments of failure, despair, and emptiness, Jesus appears. He meets our fear with sustenance, our discouragement with guidance, our hopelessness with abundance.

This is what the fisherman of an old coastal village once taught me. On a starless night, after returning with empty nets, he heard a voice calling from the shore. The nets soon overflowed. Not because of cleverness, but because of trust and obedience to God’s word. He once told me, “The miracle wasn’t the fish. It was the courage to try again.” The memory of that night stayed with him—not because of the fish—but because of hope awakened.

How many times in life are we invited simply to “cast the net again”? To forgive again. To apply again. To trust again.

To love again. Resurrection often begins with one more attempt made in faith.

Recognition of the risen Lord often unfolds gradually. The disciples on the road to Emmaus did not recognize Him immediately. They recognized Him in conversation, in the burning of their hearts as He opened Scripture, and finally, in the breaking of bread.

Faith is rarely a lightning bolt; it is more often a sunrise.

Likewise, Jesus calls us to meet Him fully—not as a fleeting guest, but as the Lord of our lives. Faith grows through encounter, and encounter transforms ordinary routines into moments of resurrection.

Let me share another story. A young woman returned to her childhood town after many years away. Hesitant, unsure, she feared she would be forgotten. At the corner of a park, someone waved and said, “I hope you remember me.” Recognition, hope, belonging—her heart soared.

Later she said, “I realized I had never truly been alone. I was remembered.” That is how we meet Jesus: hesitant,

longing, yet embraced fully in His presence. The Risen Lord remembers us. Calls us by name. Waits for us.

The right side, the bread, the fire, the ordinary net cast again—these details matter. They remind us that God works through both reason and intuition, effort and grace, persistence and trust.

A parishioner named Ruth, widowed and resilient, once shared how daily prayer gave her courage to face life’s losses. “I don’t always feel strong,” she said, “but I show up.” In showing up—day after day—she discovered that God multiplies quiet fidelity. Simple acts, lived with trust, multiply beyond calculation.

So it is with Jesus: He asks for the ordinary, our honesty, our small gifts, and transforms them into abundance.

Our Easter encounters, like the disciples’, call us to action: to witness, to love, to strengthen those at their lowest. In our routines, our work, our relationships, the risen Lord invites us to “cast the net on the right side,” to step beyond

fear, to try again, and to trust that life, lived with faith and open hearts, yields more than we imagine.

Let us end where we began—with pilgrimage, with story, with hope. A young man walked the Camino de Santiago, burdened with grief after his father's death. Sharing his sorrow with fellow pilgrims, he began to notice small kindnesses: strangers who helped, moments of beauty, signs of hope.

One evening he wrote in his journal: "I thought I was walking alone. Now I see I have been accompanied every step." At the cathedral, he knelt and realized: God had been walking with him all along, turning his sorrow into joy, his emptiness into abundance, his journey into resurrection.

Dear friends, this Easter season, may we, too, experience the risen Lord in our ordinary lives—in conversation, in bread, in nets cast again, in moments of recognition and trust. Let us share our stories, embrace one another, and open our hearts to God's larger story of love.

And when our hearts burn within us, may we not remain seated in comfort. May we rise. May we return to our Jerusalems. May we run, eager to share His presence, His hope, and His life with the world. Amen.

INVITATION TO THE PROFESSION OF FAITH

We now together confess Him who walks with us on our paths, awakens life within us, and draws us to Himself:

INVITATION TO PRAYER OVER THE OFFERINGS

Today, we bring our gifts of bread and wine, our daily efforts, and our hopes and struggles, asking You to meet us here as You met them. Let us pray that our ordinary offerings may be pleasing to God the Father almighty.

PRAYER OVER THE OFFERINGS

Lord Jesus, after Your resurrection, You prepared a simple meal for Your disciples on the shore of the Sea of Tiberias and revealed Yourself to them in ordinary bread and fish. Today we bring to You these gifts of bread and wine, together with our daily lives, our joys and struggles, our hopes and fears. Transform them, Lord, that they may

become nourishment for our souls and a sign of Your presence in our midst. Let us recognize Your love in the simple things, Your guidance in our daily routines, and Your abundance even in moments of emptiness. We honour You, Risen Lord, who is with us now and always. Amen.

PREFACE

It is truly right and just, our duty and our salvation, always and everywhere to give You thanks, Lord, holy Father, almighty and eternal God.

For You have turned despair into hope, sorrow into joy, and emptiness into abundance. Through the disciples on the road to Emmaus, You have shown us that recognition of Your presence often comes quietly: in conversation, in Scripture opened before us, in the breaking of bread, and in the simplest acts of love.

You teach us that resurrection is not only a past event but a living reality in our lives: in the encouragement of a friend, in the nourishment of a shared meal, in the guidance that steers us from fear to trust. You meet us

where we are and transform ordinary moments into signs of Your glory.

And so, with all the angels and saints, with hearts burning with wonder at Your presence among us, we proclaim the mystery of Easter joy:

Holy, holy, holy Lord, God of hosts...

INVITATION TO THE OUR FATHER

The Risen Lord is here, among us, in bread and wine, in ordinary gifts and shared lives. With trust and hope, let us now pray to our heavenly Father:

EMBOLISM

Deliver us, Lord, we pray, from every blindness of heart and from all that keeps us from recognizing Your presence. You reveal Yourself not only in mighty signs, but in the quiet breaking of bread, in faithful work, and in humble acts of love. Grant that, nourished by this Eucharist, we may perceive You in the ordinary moments of our lives and follow You with hearts renewed, as we await with the blessed hope of your glorious coming as our Saviour.

PRAYER FOR PEACE

Lord Jesus Christ, who said to Your Apostles: *Peace I leave you, my peace I give you*, look not on our sins, but on the faith of Your Church, and graciously grant her peace and unity in accordance with Your will.

You who revealed Yourself to Your disciples in their fear and filled them with courage, calm our anxieties and strengthen our trust. Make us instruments of Your peace in our homes and communities, that by our words and deeds others may come to recognize You as the Risen Lord.

Who live and reign for ever and ever. Amen.

INVITATION TO COMMUNION

Just as He revealed Himself to the disciples on the road to Emmaus and on the shore of the Sea of Tiberias, He comes to meet us now in this bread and wine. Come with hearts open, come with trust, come as you are, and let Him transform your ordinary life into abundance, your fear into courage, your grief into joy. Blessed are those invited to the supper of the Lamb.

SHORT MEDITATION AFTER COMMUNION

The disciples recognized Jesus in ordinary moments—the telling of stories, the opening of Scripture, and the breaking of bread. Likewise, we are called to see Him today: in small acts of kindness, in shared effort, in conversations that burn within our hearts. Let us carry this awareness into our daily lives, trusting that the Risen Lord transforms ordinary routines into encounters with His abundance and love.

POST-COMMUNION PRAYER

Lord God, through Your Son's death and resurrection, You have brought life out of despair and hope out of emptiness. May the graces we have received today deepen our trust in You, strengthen our hearts, and help us recognize Your presence in the ordinary moments of our lives. Send us forth to be witnesses of Your love and joy, so that others may see the Risen Christ in us, through Christ our Lord. Amen.

FINAL BLESSING

May the Lord fill your hands with care and willingness to serve,
may He give your feet courage for new paths,
may He make your ears attentive to voices of need and hope,
may He open your eyes to beauty and mercy around you,
may He let your mouth speak words that bring encouragement,
comfort, and joy,
may He give your heart trust, confidence, and peace.

And so may the merciful God bless you and all your loved ones: the Father, + the Son, and the Holy Spirit. Amen.

DISMISSAL:

Go in peace, carrying the joy and presence of the Risen Lord into your daily lives.

TAKE-HOME THOUGHT

Trust that God is present in the ordinary moments: in meals shared, conversations held, acts of kindness, and the routines of daily life. When we open our hearts, even the smallest gesture becomes a sign of His abundance, and grief is transformed into hope and joy. Cast your nets once more, and discover the Risen Lord at work in your life.

Monday of the 3rd week of Easter

Acts 6,8-15; Jn 6,22-29

INTRODUCTION

A young woman once bought a small potted plant. She cared for it diligently, watering it every day, giving it sunlight, and even talking to it. Yet, despite all her attention, the plant seemed to wilt. Frustrated, she took it to a gardener who gently said, “You’ve been giving it what it needs on the surface, but it also needs rich soil and space to grow. True nourishment comes from the roots.”

This reminds us of the crowd in today’s Gospel. They followed Jesus after he had fed thousands, hoping for more bread. Jesus recognizes their need, but he invites them to look deeper. He tells them, “Do not work for food that cannot last, but for food that endures to eternal life.” He is leading them beyond their immediate hunger toward the deeper nourishment that only God can give.

In many ways, our lives can resemble that struggling plant. We work hard to meet our daily needs—food, security, success, and comfort. These things are important, yet they

cannot fully satisfy the deepest longing of the human heart. Beneath all our efforts lies a greater hunger: the desire for meaning, for love that lasts, and for the presence of God in our lives.

As we gather for this Eucharist, the Lord invites us to come to him with that deeper hunger. In this celebration he offers us the Bread of Life, his very presence. May we open our hearts to receive the nourishment that strengthens our faith and leads us toward eternal life.

PENITENTIAL ACT WITH KYRIE INVOCATIONS

Lord Jesus, you feed us with the Bread of Life and satisfy our deepest hunger. **Lord, have mercy.**

Christ Jesus, help us to seek you above all else, not just the gifts you provide. **Christ, have mercy.**

Lord Jesus, forgive us when we chase fleeting things rather than eternal nourishment. **Lord, have mercy.**

PRAYER OF ABSOLUTION

Almighty God, you offer us the Bread of Life, the food that truly satisfies.

Forgive us when we seek only temporary pleasures or comfort.

Renew our hearts so that we may hunger for you above all things, and receive your grace with faith and gratitude; and lead us to everlasting life. Amen.

COLLECT

Father of mercy,

you satisfy the deepest needs of our hearts through Jesus Christ, your Son.

Teach us to seek him above all things,
to hunger and thirst for eternal life,
and to trust that your presence is the food that endures.

Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
God, for ever and ever. Amen.

HOMILY

A man once told the story of getting lost while hiking in the mountains. After hours of wandering he became very hungry and thirsty. Eventually he came upon a small cabin and knocked on the door. An elderly woman welcomed him in and gave him some bread and water. As he ate, he noticed the warmth of the fire and the kindness of the woman who listened to his story. Later he said, “At first I thought I needed only bread and water. But what I really needed was the warmth of a home and someone who cared.”

That experience reflects something true about all of us. We know what physical hunger is. When we are hungry, we look for food. Jesus understood this very well. In the Gospel today he had just fed a large crowd with five loaves and two fish. The physical needs of people mattered deeply to him. He fed the hungry, healed the sick, and called on those who had plenty to share with those who had little.

Yet the crowd goes looking for Jesus again. They cross the lake searching for him. Their search is good, but Jesus gently challenges their motives. They are looking for him because they want more bread. So he says to them, “Do not work for food that cannot last, but for food that endures to eternal life.”

At some level we are all seekers. There is a restlessness in every human heart. Saint Augustine expressed it well: “Our hearts are restless until they rest in God.” We search for happiness, peace, and meaning, often in many places. Yet Jesus reminds us that our deepest hunger is spiritual.

Sometimes we can approach the Lord mainly for what he can give us—help with our problems or solutions to our worries. But the Gospel invites us to something deeper: not just to seek the gifts of the Lord, but to seek the Lord himself. Jesus offers us the food that truly satisfies—the life and presence of God.

There is a simple story of a child who once asked his mother why she was praying in church. She replied, “I’m

asking God to give us what we need.” The child thought for a moment and said, “Why don’t you just ask God to stay with us?”

In many ways that is the heart of today’s Gospel. The greatest gift Jesus gives us is not something he provides, but himself—the food that endures to eternal life and satisfies the deepest hunger of our hearts.

INVITATION TO THE PRAYER OVER THE OFFERINGS

As we bring forward these gifts, let us also offer our hearts and our desire to be nourished by the Bread of Life. Let us Pray, brothers and sisters, that my sacrifice and yours may be acceptable to God, the almighty Father.

PRAYER OVER THE OFFERINGS

Lord God, accept the gifts we bring, and transform them into the Body and Blood of Christ, the true Bread of Life.

As we partake of this Eucharist,
may we hunger only for what endures,
and be strengthened to follow Jesus faithfully,
drawing others to the nourishment of your love.
Through Christ our Lord. Amen.

PREFACE

It is truly right and just to give you thanks, Lord, holy Father, almighty and eternal God.

You feed your people with the Bread of Life, Jesus Christ, your Son, who satisfies the hunger of our hearts and nourishes our souls. By his teaching, his presence, and his Sacraments, he opens the eyes of the blind, strengthens the weary, comforts the sorrowful, and awakens hope in the hearts of all who seek you.

Through him, we learn that the deepest longing of every human heart is for you alone. He calls us to faith, nourishes our hope, and inspires us to love with courage and generosity. In him, we recognize the eternal life that begins now, a life that transforms us and the world around us. As we receive Him in the Eucharist, he draws us into communion with you, the source of all goodness, filling our hearts with joy, renewing our strength, and empowering us to share your mercy with all people.

With angels and saints, we praise your glory and proclaim your name: **Holy, Holy, Holy...**

INVITATION TO THE OUR FATHER

With confidence, let us pray to our Father, who provides all that we need:

EMBOLISM

Deliver us, Lord, from every evil,
and free us from the distractions that keep us from seeking your presence.

May the Bread of Life nourish our hearts and guide our steps, so that we walk in faith, hope, and love, as we await the coming of our Saviour, Jesus Christ.

PRAYER FOR PEACE

Lord Jesus Christ,
you give us the Bread of Life that sustains and transforms.
Look upon your Church and the world.

Where hearts are restless or searching, bring peace;
where people are lost in worldly pursuits, bring clarity;
help us share the nourishment of your love with all.

You who live and reign for ever and ever. Amen.

INVITATION TO COMMUNION

Christ offers us himself, the true Bread of Life, to nourish our souls. Behold the Lamb of God,
behold him who takes away the sins of the world.
Blessed are those called to the supper of the Lamb.

SHORT MEDITATION AFTER COMMUNION

The Bread of Life we have received strengthens us to seek what truly satisfies.

Let us carry this nourishment into our daily lives,
offering love, mercy, and kindness to others as Christ has fed us.

PRAYER AFTER COMMUNION

Lord God, you satisfy our deepest hunger through the Body and Blood of Christ.

May this Eucharist strengthen us to seek you above all things, and may our lives reflect the nourishment and love we have received. Through Christ our Lord. Amen.

BLESSING

May God, who satisfies our hearts with the Bread of Life, fill you with faith, hope, and love.

May Jesus Christ strengthen you in your daily journey, and may the Holy Spirit guide your steps, so that you may walk always in his presence.

And may almighty God bless you, the Father ✠ and the Son ✠ and the Holy Spirit. Amen.

DISMISSAL

Go in peace, seeking the Bread of Life and sharing its nourishment with others.

TAKE-HOME THOUGHT

Our deepest hunger is for God himself.

Seek Jesus above all else, and your heart will be satisfied.

Tuesday, 3rd Week of Easter

Acts 7:51–8:1; John 6:30–35

INTRODUCTION

A traveller once arrived in a small town after a long journey. He was tired and hungry, so he went straight to a restaurant and ordered a meal. While he was eating, he noticed something interesting: the people at the nearby tables were not just enjoying the food; they were laughing, talking, and sharing stories. The traveller later said that what satisfied him most was not only the meal itself but the sense of belonging and warmth he experienced there.

In today's Gospel, the crowd follows Jesus because they had eaten the bread he multiplied the day before. They remember the miracle and want more. Yet Jesus gently leads them beyond their immediate hunger. He tells them that God offers something far greater than ordinary bread. "I am the Bread of Life," he says. "Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty."

Jesus is reminding them—and us—that our deepest hunger is not only for food, success, or security. Deep within every human heart there is a longing for meaning, love, forgiveness, and hope. Only God can truly satisfy that deeper hunger.

As we gather to celebrate this Eucharist, we come before the Lord with our own hungers and thirsts. In his Word and in the Bread of Life, Jesus nourishes us with his presence and strengthens us to live in faith, hope, and love.

PENITENTIAL ACT WITH KYRIE INVOCATIONS Lord Jesus, you are the Bread of Life, sustaining our hearts and guiding our steps. **Lord, have mercy.**

Christ Jesus, forgive us when we seek only signs or miracles instead of your presence. **Christ, have mercy.**

Lord Jesus, help us to come to you with open hearts, hungering for what truly satisfies.

Lord, have mercy.

PRAYER OF ABSOLUTION

Almighty God, you sent your Son to feed us with the Bread of Life and quench our spiritual thirst. Forgive us when we turn to temporary things to satisfy our hearts.

Fill us with faith and trust,

so that we may approach Jesus with sincerity, receive His nourishment, and live according to His ways.

And bring us to everlasting life. Amen.

COLLECT

Heavenly Father, you sent your Son, Jesus Christ, to satisfy the deepest hunger and thirst of our hearts.

Grant that we may seek Him above all else, recognize His presence in Word and Sacrament, and be nourished by His life-giving Spirit.

May our faith grow through this Eucharist, and may we live as witnesses to the love and mercy of Christ, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

HOMILY

A young boy once watched his grandmother knead dough for bread. He asked, “Grandma, why do you work so hard just to make bread?” She smiled and said, “Because bread gives life, my child. Without it, we cannot live.” The boy nodded, but only later in life would he understand that there is another kind of bread, one that nourishes the heart and soul even more than the body.

In today’s Gospel, Jesus calls himself the Bread of Life: “Whoever comes to me will never be hungry; whoever believes in me will never thirst.” These words are not just poetic. They are an invitation to recognize that our deepest hunger and thirst—the longing for love, forgiveness, meaning, and peace—can only be satisfied in Him. Just as our bodies crave food and water, our hearts crave God. Yet, unlike physical hunger, spiritual hunger often goes unnoticed until it becomes a silent ache.

The people in today’s reading ask Jesus for a sign, something spectacular to prove that they should believe in

Him. But Jesus refuses their bargain. Instead, He offers Himself. He is the living sign, the sacrament of God’s presence. He does not negotiate or perform for us; He simply invites us to come, to trust, to believe. It is a relationship that deepens as we keep coming, day by day, encounter by encounter.

Today’s first reading shows us Stephen, the first Christian martyr. He dies praying, “Lord Jesus, receive my spirit... do not hold this sin against them.” Stephen mirrors Jesus on the cross—entrusting his life to God, forgiving his persecutors, revealing the mercy of God even in his final moments. His witness reminds us that faith is not just about what we believe, but how we live—how we allow God’s love to shape our response to those around us, even those who harm us.

Stephen’s courage also planted seeds of transformation. Saul, who would later become Paul, watched Stephen die and was deeply affected. Sometimes our faith, our witness, our willingness to trust and forgive, can touch others in ways we may never see. Our small acts of living God’s

love become channels through which God works in the world.

This chapter of John's Gospel, rich with Eucharistic imagery, reminds us that Jesus nourishes us in many ways—through the Word, through the Eucharist, through His Spirit alive in the Church. The call is simple: come and eat, come and drink, come and believe. Only in drawing near to Him do we find the strength to live as He lived, to forgive, to trust, to love.

We all hunger and thirst—for meaning, for love, for hope, for mercy. And yet, Jesus says, “I am enough. I am the Bread of Life.” He invites us to taste and see the goodness of the Lord, not in spectacular signs, but in His faithful presence.

That young boy eventually became a man, and whenever he felt empty or lost, he remembered his grandmother's bread and, more importantly, the bread of life Jesus offers. He learned that there is no hunger or thirst in life that Jesus cannot satisfy if we simply come to Him.

Let us come to Him today, trusting in His promise, and allow ourselves to be nourished by the Bread of Life, that we may live as He lived, loving and forgiving, revealing God's mercy in our own lives.

INVITATION TO THE PRAYER OVER THE OFFERINGS

As we present these gifts of bread and wine, let us also bring our hearts, our hunger, and our longing for the Bread of Life. And pray that my sacrifice and yours may be acceptable to God, the almighty Father.

PRAYER OVER THE OFFERINGS

Lord God, accept our offerings and make them the Body and Blood of Christ, the true Bread of Life who nourishes our souls.

As we receive Him in this Eucharist, strengthen our faith, deepen our trust, and inspire us to live with generosity, sharing your love with all we meet, so that through us, others may also encounter the Bread of Life.

Through Christ our Lord. Amen.

PREFACE

It is truly right and just to give you thanks, Lord, holy Father, almighty and eternal God.

You feed your people with the Bread of Life, your Son, Jesus Christ, who satisfies the hunger of our hearts and nourishes our souls. Through his presence, he reveals the depth of your love, opens the eyes of those who are blind to your truth, and gives strength to all who are weak or weary. He calls us not only to seek physical sustenance but to recognize that our deepest needs are for you alone. By teaching, healing, and giving himself in the Eucharist, he awakens hope, strengthens faith, and inspires love in our lives. As we receive him in Word and Sacrament, he nourishes our hearts, renews our spirits, and empowers us to live as faithful witnesses of your mercy. He transforms ordinary bread into the Bread of Life and ordinary hearts into channels of your love.

With angels and saints, we join in unending praise, proclaiming your glory and singing your name: **Holy, Holy, Holy...**

INVITATION TO THE OUR FATHER

Let us pray confidently to our Father, who gives us all that we need and satisfies the hunger of our hearts:

EMBOLISM

Deliver us, Lord, from all evil, and free us from seeking empty signs or distractions instead of your presence. May the Bread of Life strengthen our hearts, guide our steps, and nourish our souls, so that we may live in faith, hope, and love, always trusting in the promise of eternal life.

PRAYER FOR PEACE

Lord Jesus Christ, you feed us with the Bread of Life, sustaining and transforming us. Look upon your Church and the world. Where hearts are weary, bring encouragement; where doubts and fears arise, bring trust; where people are hungry for love and mercy, bring nourishment. May your peace dwell in our hearts, guide our actions, and inspire us to share your life-giving presence with everyone we meet.

You who live and reign for ever and ever. Amen.

INVITATION TO COMMUNION

Christ offers himself to us, the true Bread of Life, to nourish and sustain our souls.

Behold the Lamb of God,

behold him who takes away the sins of the world.

Blessed are those called to the supper of the Lamb.

SHORT MEDITATION AFTER COMMUNION

The Bread of Life strengthens our hearts and souls.

Let us allow Jesus' presence to transform us,

nourish our faith, and inspire us to live generously,

so that others may experience the love and mercy of God through us.

PRAYER AFTER COMMUNION

Lord God, you satisfy our deepest hunger through the Body and Blood of Christ. May this Eucharist strengthen us to seek you above all else, trust your promises, and live as faithful witnesses of your love and mercy.

Through Christ our Lord. Amen.

BLESSING

May God, who feeds us with the Bread of Life, fill your hearts with faith, hope, and love.

May Jesus Christ strengthen you in your daily journey, and may the Holy Spirit guide your steps, so that your life may be a reflection of Christ's nourishing love.

And may almighty God bless you,

the Father ✠ and the Son ✠ and the Holy Spirit. Amen.

DISMISSAL

Go in peace, trusting in Christ, the Bread of Life, to nourish, guide, and sustain you.

TAKE-HOME THOUGHT

Jesus is the Bread of Life.

Seek Him above all else, and your heart will never hunger or thirst.

Wednesday of the 3rd Week of Easter

Acts 8:1-8; John 6:35-40

INTRODUCTION

A teacher once noticed that one of her students had stopped coming to class regularly. When he finally returned, he seemed hesitant and embarrassed, expecting to be scolded for his absence. Instead, the teacher simply welcomed him back and said, “I’m glad you’re here again. Let’s begin where you left off.” That simple welcome gave the student the courage to continue and not give up on his studies.

In today’s Gospel, Jesus speaks with the same spirit of welcome and reassurance. He says, “Whoever comes to me I shall never turn away.” These words reveal the heart of God—patient, faithful, and always ready to receive those who return to Him. No matter how far someone may wander, the door of God’s mercy is never closed.

The first reading reminds us that even in the midst of persecution, God’s work continues. The early Christians were scattered, yet wherever they went they carried the

Good News with them. What seemed like defeat became the beginning of new life and new faith in many places.

As we gather to celebrate this Eucharist, we come before the Lord with our weaknesses, our struggles, and our hopes. In His mercy He receives us, strengthens us, and nourishes us with the Bread of Life. Let us open our hearts to His grace, trusting that He never turns away anyone who comes to Him in faith.

PENITENTIAL ACT WITH KYRIE INVOCATIONS

Lord Jesus, you call us to yourself and never turn away.

Lord, have mercy.

Christ Jesus, forgive us when we turn from you and rely on our own strength instead of your grace.

Christ, have mercy.

Lord Jesus, help us to come to you daily, trusting your mercy and following your path. **Lord, have mercy.**

PRAYER OF ABSOLUTION

Almighty God,
you are faithful and loving, always ready to welcome us back. Forgive our sins and failings, strengthen our hearts with your Spirit, and renew in us a steadfast faith, so that we may come to you with trust and walk in your ways, and **bring us to everlasting life**. Amen.

COLLECT

Lord God, you call all people to the fullness of life in your Son. Grant that we may never turn away from Him, but trust always in His mercy, open our hearts to your Spirit, and share the love we receive with others.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
God, for ever and ever. Amen.

HOMILY

A young man once told me about a time when he had seriously hurt a friend's feelings. He avoided them for weeks, ashamed and afraid of their reaction. One day, unexpectedly, his friend came to him with a smile and said,

“I forgive you. I've missed you.” That simple act of faithfulness and openness restored their friendship completely. It reminded him that no matter how far we drift, some bonds are never broken if we allow them to be healed.

In today's readings, we see the same truth at work on a much larger scale. In the first reading, Saul—a man so zealous he worked for the total destruction of the early Church—would become the Apostle Paul, the greatest missionary of the early Church. How? Because he encountered the risen Lord. His story tells us something extraordinary: even those who seem furthest from God are never beyond the reach of His love. Paul's conversion shows us that faith transforms, and that the gift of eternal life is offered freely to all who come to Jesus, even those who once opposed Him.

The gospel reinforces this beautiful truth. Jesus says, “Whoever comes to me I shall never turn away.” Philip's mission in Samaria illustrates this: people who had once rejected the message of Jesus now welcomed it with joy.

God's faithfulness never wavers, and Jesus' offer of Himself as the bread of life is constant. We may turn away from Him, we may stumble or fail, yet He continues to invite us back, promising that those who believe will never hunger or thirst spiritually.

Through baptism and the Eucharist, we experience this union with Christ daily. Just as Paul taught, the bread we break and the cup we bless connect us to the body and blood of Christ. Our communion with Him is a foretaste of eternal life, a promise that death cannot undo. And like the Samaritans who opened their hearts to Philip's preaching, we are called to respond with faith, welcoming Jesus into our lives with gratitude and joy.

So, as we go about our day, let us remember: no matter our past, no matter how many times we have turned away, the Lord never turns from us. He is the bread of life, the faithful friend, the ever-present companion who calls us to come home.

I think again of that young man and his friend. Just as forgiveness restored their relationship, Jesus' faithfulness

restores our relationship with God. We are invited to keep coming to Him, to keep believing, and to experience the joy and life He offers—forever.

INVITATION TO THE PRAYER OVER THE OFFERINGS

As we bring forward these gifts, let us also bring our hearts, offering our trust, our hopes, and our desire to be united with Christ. And now pray, brothers and sisters, that my sacrifice and yours may be acceptable to God, the almighty Father.

PRAYER OVER THE OFFERINGS

Lord God, accept these gifts and transform them into the Body and Blood of Christ, the Bread of Life, which heals and strengthens us.

May this Eucharist deepen our faith, restore our hope, and inspire our lives to reflect your mercy and love.

Through Him who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

PREFACE

It is truly right and just to give you thanks, Lord, holy Father, almighty and eternal God.

You feed your people with the Bread of Life, Jesus Christ, your Son, who heals our hearts, strengthens our faith, and restores our hope. Through his Word and Sacraments, he brings reconciliation, forgives our sins, and transforms our lives, calling us to love and serve one another.

Even when we have turned away or failed, your mercy never falters. In Christ, we find the courage to return, the grace to be healed, and the power to share your love. He nourishes our hearts and souls, awakens hope in the weary, and strengthens all who seek you.

With angels and saints, we praise your name and proclaim your glory: **Holy, Holy, Holy...**

INVITATION TO THE OUR FATHER

Let us pray confidently to our Father, who nourishes, strengthens, and restores our hearts:

EMBOLISM

Deliver us, Lord, from all that separates us from you, and free us from fear, doubt, or despair.

May the Bread of Life strengthen our hearts, nourish our souls, and guide our steps, so that we may live faithfully, love generously, and trust in your promise of eternal life.

PRAYER FOR PEACE

Lord Jesus Christ, you restore our hearts and strengthen us with the Bread of Life. Look upon your Church and the world. Where hearts are wounded, bring healing; where doubts arise, bring clarity; where people hunger for love and mercy, give nourishment.

Grant that your peace may dwell in our hearts, guide our decisions, and empower us to be instruments of your love. You who live and reign for ever and ever. Amen.

INVITATION TO COMMUNION

Christ offers Himself, the Bread of Life,
to nourish and sustain our hearts and souls.

Behold the Lamb of God,
behold him who takes away the sins of the world.
Blessed are those called to the supper of the Lamb.

SHORT MEDITATION AFTER COMMUNION

The Bread of Life strengthens and restores us.
Let us allow His presence to heal our hearts, renew our
faith, and inspire acts of love, mercy, and generosity in our
daily lives.

PRAYER AFTER COMMUNION

Lord God,
through this Eucharist you feed us with the Bread of Life.
May we always trust in Christ's mercy, remain steadfast in
faith, and live as witnesses of your love and grace.
Through Christ our Lord. Amen.

BLESSING

May God, who nourishes our hearts with the Bread of Life,
fill you with faith, hope, and love.

May Jesus Christ strengthen you in all you do,
and may the Holy Spirit guide your steps,
so that your life reflects His mercy and compassion.

And may almighty God bless you,
the Father ✠ and the Son ✠ and the Holy Spirit. Amen.

DISMISSAL

Go in peace, trusting in Christ, the Bread of Life, to restore,
strengthen, and guide you.

TAKE-HOME THOUGHT

Jesus is the Bread of Life,
faithful even when we stumble.

**Come to Him with trust, and your heart will never
hunger or thirst.**

Thursday of the 3rd Week of Easter

Acts 8:26–40; John 6:44–51

INTRODUCTION

A teacher once noticed a student sitting quietly in the classroom, staring at a difficult passage in a book. After some time, the student admitted, “I want to understand it, but I just can’t make sense of it.” The teacher sat beside him and patiently explained the text line by line. Suddenly the meaning became clear, and the student’s face lit up with understanding and excitement.

Something similar happens in today’s first reading. The Ethiopian official is reading the Scriptures but does not understand what he is reading. God sends Philip to walk beside him, explain the Word, and guide him to faith and baptism. What began as a question becomes a moment of grace and transformation.

In the Gospel, Jesus reminds us that faith itself is a gift from God. “No one can come to me unless the Father draws him.” God is always drawing people toward His Son—sometimes through the Scriptures, sometimes

through other people, and sometimes through the quiet movement of the Holy Spirit within our hearts.

As we gather for this Eucharist, we remember that God continues to guide us along the path of faith. In His Word and in the Bread of Life, He nourishes us and draws us ever closer to Himself. Let us open our hearts to His grace and allow Him to lead us more deeply into His life.

PENITENTIAL ACT WITH KYRIE INVOCATIONS

Lord Jesus, you guide us even when we are confused or lost. **Lord, have mercy.**

Christ Jesus, forgive us when we ignore your guidance and rely only on our own understanding. **Christ, have mercy.**

Lord Jesus, help us to open our hearts to the Father’s call and follow your lead faithfully. **Lord, have mercy.**

PRAYER OF ABSOLUTION

Almighty God, you draw all people to your Son and never cease to guide us.

Forgive our doubts, our reluctance, and our fears.

Renew our hearts in faith, fill us with your Spirit, and lead us in the way of truth, mercy, and life everlasting.

COLLECT

Lord God,
you guide your people along the path of truth and life.
Grant that, attentive to your Word and led by your Spirit,
we may respond with open hearts and eager faith,
welcome your Son in our lives, and grow in the grace of
baptism and the Eucharist, so that we may share your love
with all.
Through our Lord Jesus Christ, your Son, who lives and
reigns with you in the unity of the Holy Spirit, God, for ever
and ever. Amen.

HOMILY

A few years ago, a traveller was on a long bus journey
through a foreign country. He had a map, some
guidebooks, and a sense of direction, but he soon realized
that the roads were confusing, and he didn't quite
understand the language of the locals. Just when he began
to feel lost and unsure, a local person approached, noticed
his struggle, and offered guidance. With that help, the
traveller found his way, learned new things, and eventually

reached his destination with a sense of joy and
accomplishment.

Today's readings remind us of that same dynamic in our
journey of faith. In the first reading, we meet an Ethiopian
official, returning from Jerusalem, reading the Scriptures
but not fully understanding them. He is a seeker, hungry for
meaning, for truth. Philip comes alongside him, prompted
by the Holy Spirit, to explain the passage he is reading.
That conversation leads to baptism and a new life in Christ.
This story illustrates how our encounters with God are
often mediated through others. Just as the Ethiopian
needed Philip, we too need guides, teachers, and
companions on our journey. And sometimes, we are called
to be like Philip, helping others take steps toward Christ.
The gospel reading today complements this beautifully.
Jesus tells us that "everyone who believes in me has
eternal life," and speaks of the bread he will give as his
flesh for the life of the world. Here, Jesus introduces the
Eucharist, the ultimate communion with God, but he also
shows us that faith comes first. We come to Jesus through

belief, through seeking, before we receive him sacramentally. The Word of God nourishes our faith, baptism incorporates us into the life of Christ, and the Eucharist sustains us on that journey. Each step builds upon the previous one: word, baptism, Eucharist—a progression that draws us into deeper communion with God and with one another.

Notice also the role of the Holy Spirit in both readings. The Spirit prompts Philip to meet the Ethiopian, prompts the Ethiopian to seek understanding, and guides us continually in our own lives. Yet, as in the story, our own willingness, our questions, and our responsiveness matter. Faith is both a gift and a choice—a partnership between God's initiative and our openness.

Jesus' promise of eternal life is not only something to look forward to after death; it is a reality that begins here and now, in our encounter with him. Whenever we listen to God's Word, receive baptism, or partake in the Eucharist, heaven touches earth, and we taste the life that never ends. Faith, understanding, and sacramental communion

all work together to draw us closer to the Lord.

Let me close with another story. A young woman once found herself reading a difficult passage in the Bible, confused and searching. She prayed, and a friend offered to read with her, explaining what she didn't understand. As they read together, faith grew, questions found answers, and a longing for deeper communion led her to the sacraments and a joyful encounter with Christ. Just like her, we are invited to be seekers, learners, receivers, and givers of faith. God meets us on the road, in the Word, in baptism, and in the Eucharist, drawing us ever closer to himself, step by step, with joy and life everlasting.

INVITATION TO THE PRAYER OVER THE OFFERINGS

As we bring forward the bread and wine, let us also offer our hearts, our willingness to be guided by Christ, and our desire to grow in faith and pray, brothers and sisters, that my sacrifice and yours may be acceptable to God, the almighty Father.

PRAYER OVER THE OFFERINGS

Lord God, accept these gifts, and transform them into the Body and Blood of Christ, the Bread of Life that nourishes and guides us. May this Eucharist strengthen our faith, enlighten our understanding, and inspire our hearts to follow your will. As we receive this sacred Bread, may your Spirit lead us ever closer to your Son, so that our lives bear witness to your love and mercy. Through Christ our Lord. Amen.

PREFACE

It is truly right and just to give you thanks, Lord, holy Father, almighty and eternal God.

You guide your people with wisdom, drawing all hearts to your Son, Jesus Christ, the Bread of Life. Through him, your Word becomes clear, your love is revealed, and your Spirit leads us toward truth and life. He calls us when we are lost, gives sight to those who are blind, and strengthens the weary.

Through Christ, we are drawn into communion with you, nourished with heavenly bread, and empowered to share your mercy with others. He reveals the mystery of your love, teaches us the ways of faith and service, and transforms ordinary moments into encounters with you.

With angels and saints, we praise your glory and proclaim your holy name:

Holy, Holy, Holy...

INVITATION TO THE OUR FATHER

Let us confidently pray to our Father, who guides us and nourishes our hearts:

EMBOLISM

Deliver us, Lord, from all that leads us astray, and free us from doubt, fear, and confusion.

May the Bread of Life guide our hearts and strengthen our faith, nourish our souls, and lead us along your path, so that we may walk confidently in your truth, and live according to your will, now and forever.

PRAYER FOR PEACE

Lord Jesus Christ, you call all people to life and faith, guiding us with your Spirit and nourishing us with the Bread of Life. Look upon your Church and the world. Where hearts are lost, bring clarity; where doubts and fears arise, bring trust; where your love is needed, strengthen our response. May your peace dwell in us, guard our hearts, and empower us to walk in your truth and share your life-giving love with all. You who live and reign for ever and ever. Amen.

INVITATION TO COMMUNION

Christ offers Himself, the Bread of Life, to nourish our faith, strengthen our hope, and guide our hearts. Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.

SHORT MEDITATION AFTER COMMUNION

The Bread of Life strengthens, nourishes, and guides us. Let us allow Christ's presence to deepen our faith, restore our hope, and empower us to live as witnesses of His mercy and love.

PRAYER AFTER COMMUNION

Lord God, through this Eucharist, you feed us with the Bread of Life. May we remain attentive to your Spirit, grow in faith and love, and walk each day in the light of your mercy. Through Christ our Lord. Amen.

BLESSING

May God, who nourishes and guides us with the Bread of Life, fill you with faith, hope, and love.

May Jesus Christ strengthen you in all you do, and may the Holy Spirit lead your steps, so that your life becomes a reflection of His mercy and grace.

And may almighty God bless you,
the Father ✠ and the Son ✠ and the Holy Spirit. Amen.

DISMISSAL

Go in peace,
trusting in Christ, the Bread of Life, to nourish, guide, and
strengthen you.

TAKE-HOME THOUGHT

Jesus is the Bread of Life,
guiding us even when the path seems unclear.

**Follow Him with faith, and your journey will be filled
with light and hope.**

Friday, 3rd Week of Easter

Acts 9:1-20; John 6:52-59

INTRODUCTION

A teacher once asked her students what could change a person's life completely. Some said success, others said suffering, and a few said love. After listening to them all, the teacher said, "Often it is an encounter with someone who opens our eyes and helps us see the truth differently." That moment of encounter can redirect a person's whole life.

Today's first reading tells us about such an encounter. Saul was on his way to Damascus, determined to persecute the followers of Jesus. But on that road he encountered the risen Lord, and that meeting changed everything. The persecutor became a believer, and the enemy of the Church became one of its greatest missionaries.

In the Gospel, Jesus speaks about another profound encounter—our communion with Him through the Bread of Life. He tells us that whoever eats His flesh and drinks His

blood has eternal life. Through this deep union with Christ, our lives too are transformed from within.

As we gather to celebrate this Eucharist, we come seeking that transforming encounter with the Lord. May our hearts be open to His presence, so that nourished by the Bread of Life, we may grow in faith and share His love with others.

PENITENTIAL ACT WITH KYRIE INVOCATIONS

Lord Jesus, you call us into communion and transform our lives. **Lord, have mercy.**

Christ Jesus, forgive us when we resist your grace and try to rely on our own strength. **Christ, have mercy.**

Lord Jesus, help us to trust in your guidance, partake in your life, and follow you faithfully. **Lord, have mercy.**

PRAYER OF ABSOLUTION

Almighty God, your love transforms us and your mercy restores us. Forgive our sins and failings, strengthen our hearts with your Spirit, and lead us to everlasting life. Amen.

COLLECT

Lord God, you nourish us with your Son, the Bread of Life, and draw us into communion with You.

Grant that, strengthened by this Eucharist, we may follow Christ with courage, share His love with others, and be transformed in our hearts, so that our lives reflect your mercy and goodness.

Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

HOMILY

A few years ago, a man I know was traveling on a busy highway when his car suddenly broke down. He was far from help and had no idea what to do. Then a stranger stopped, offered him a hand, and helped him get back on the road safely. That simple act of assistance completely changed the man's journey that day—and he never forgot the generosity and care shown to him.

In a way, today's readings invite us to see our lives as journeys where we, too, are dependent on the help of others—and ultimately, on the Lord. In the first reading, Saul, later Paul, was traveling on the road to Damascus, convinced he was defending God's will by persecuting the followers of Jesus. But suddenly, the risen Lord appeared to him, and everything changed. From a violent persecutor, he became a passionate preacher of the Gospel. In a moment, Paul's zeal was transformed by love; his energies and gifts were channelled into announcing Christ to the world. Like the man on the highway, he realized that he could not move forward alone—he depended on the Lord and the support of others, like Ananias, to begin his mission.

In the Gospel, we hear another kind of shocking language: Jesus speaks of giving us his flesh to eat and his blood to drink. For his listeners, it sounded outrageous. For us, it is familiar as the Eucharist. Yet the message is clear: Jesus invites us into intimate communion with him, a communion that gives life. Just as Paul's encounter with Christ radically

transformed him, our communion with Jesus in the Eucharist transforms us as well. We are drawn into his life, and he lives in us, empowering us to go forth and share that love with the world.

This Eucharistic life is not just about receiving—it is about being sent. Paul's mission reminds us that the love of Christ urges us on. Just as he was transformed and sent to proclaim the Gospel, so are we strengthened by the Eucharist to live out Christ's love in our families, workplaces, and communities. The Eucharist makes us more fully the body of Christ in the world, shaping our words, actions, and relationships.

And just as Paul needed to rely on others in Damascus, we are reminded that our communion with Jesus also calls us to humility. We cannot live this life in isolation; we need the support, prayers, and encouragement of our sisters and brothers in faith. In drawing life from Christ, we are empowered to share it with others, to give what we have received, just as Sister Gonzaga did for the young people she loved so dearly.

So today, as we come to the Eucharist, let us approach it as beggars come to a generous Lord—hungry for life, eager to be transformed, ready to be sent. Let us allow Christ to live in us, guide us, and empower us to extend his love to everyone around us.

And like that stranger who helped the man on the highway, let us be hands and hearts of Christ in the world—ready to lift others, guide them, and help them encounter the life-giving love of God. Amen.

INVITATION TO THE PRAYER OVER THE OFFERINGS

As we bring forward these gifts, let us also offer our hearts, our desires, and our lives, so that Christ may transform us and send us forth to share His love.

Pray, brothers and sisters, that my sacrifice and yours may be acceptable to God, the almighty Father.

PRAYER OVER THE OFFERINGS

Lord God, accept these gifts and transform them into the Body and Blood of Christ, the Bread of Life that nourishes and strengthens us.

May this Eucharist inspire our hearts, renew our faith, and empower us to live in love, mercy, and service.

Through Him who lives and reigns with You in the unity of the Holy Spirit, God, for ever and ever. Amen.

PREFACE

It is truly right and just to give you thanks, Lord, holy Father, almighty and eternal God.

You feed your people with the Bread of Life, your Son, Jesus Christ, who transforms our hearts, strengthens our faith, and restores our hope. Through Him, your love reaches us even when we are lost, weary, or doubtful. He draws us into intimate communion with You, nourishes our souls, and empowers us to share your mercy with others. Through Christ, we experience the mystery of your love, receive the strength to live faithfully, and witness your goodness to the world. In Him, the ordinary becomes

extraordinary, our weakness is made strong, and our lives bear the fruits of grace and love.

With angels and saints, we glorify your name and proclaim your holiness: **Holy, Holy, Holy...**

INVITATION TO THE OUR FATHER

Let us pray confidently to our Father, who nourishes, restores, and strengthens us:

EMBOLISM

Deliver us, Lord, from all that separates us from you, and free us from pride, fear, or doubt.

May the Bread of Life strengthen our hearts and nourish our souls, lead us along your path, so that we may live in faith, hope, and love, and bear witness to your mercy and goodness in our daily lives.

PRAYER FOR PEACE

Lord Jesus Christ, you nourish us and strengthen us with your Body and Blood. Look upon your Church and the world. Where hearts are weary, bring renewal; where people struggle, bring hope;

where love is needed, empower us to give freely.

May your peace dwell in our hearts, guide our steps, and inspire us to live as witnesses of your mercy and life-giving love. You who live and reign for ever and ever.

Amen.

INVITATION TO COMMUNION

Christ offers Himself, the Bread of Life, to nourish our hearts, strengthen our faith, and guide our steps.

Behold the Lamb of God,

behold him who takes away the sins of the world.

Blessed are those called to the supper of the Lamb.

SHORT MEDITATION AFTER COMMUNION

Christ's Body and Blood transform us.

Let us allow His presence to guide, strengthen, and inspire us to live in faith, love, and service to others.

PRAYER AFTER COMMUNION

Lord God, through this Eucharist you nourish us with the Bread of Life.

May we remain faithful to Christ, strengthened in hope, and empowered to share your love in our families, communities, and the world. Through Christ our Lord. Amen.

BLESSING

May God, who nourishes us with the Bread of Life, fill you with faith, hope, and love.

May Jesus Christ strengthen your hearts and guide your steps, and may the Holy Spirit empower you to live as a witness of His mercy and grace.

And may almighty God bless you, the Father ✠ and the Son ✠ and the Holy Spirit. Amen.

DISMISSAL

Go in peace, trusting in Christ, the Bread of Life, to nourish, guide, and strengthen you.

TAKE-HOME THOUGHT

Jesus is the Bread of Life, transforming even the weakest, smallest, or most uncertain among us.

Offer your heart to Him, and He will strengthen, guide, and send you to serve.

Saturday of the 3rd week of Easter

Acts 9,31-42; Jn 6,60-69

INTRODUCTION

A mountain climber once described how difficult the final stretch of a climb can be. The air becomes thinner, the path steeper, and many climbers are tempted to turn back before reaching the summit. Yet those who persevere often say that the view from the top makes every step worthwhile. What seemed too difficult at first becomes a moment of great reward.

In today's Gospel, many of Jesus' followers face a similar moment of decision. After hearing His teaching about the Bread of Life, some find His words too difficult to accept and walk away. Jesus does not force them to stay. Instead, He turns to the Twelve and asks, "Do you also want to leave?" It is a moment that reveals the personal nature of faith—each person must decide whether to remain with Him.

Peter responds with words that echo through the centuries: "Lord, to whom shall we go? You have the words of eternal life." His answer reminds us that faith is not always easy, but it is always life-giving.

As we gather for this Eucharist, we renew our own decision to remain with Christ. Nourished by His Word and strengthened by the Bread of Life, may we continue to follow Him with trust and perseverance.

PENITENTIAL ACT WITH KYRIE INVOCATIONS

Lord Jesus, you call us to follow you, even when the way is challenging. **Lord, have mercy.**

Christ Jesus, forgive us when we walk away from your teaching or fail to trust in your life-giving Word.

Christ, have mercy.

Lord Jesus, help us to remain faithful, wrestle with your truth, and live according to your will. **Lord, have mercy.**

PRAYER OF ABSOLUTION

Almighty God,
you call us to follow your Son and walk in His life-giving truth. Forgive our doubts, our weakness, and our hesitation. Strengthen our hearts with your Spirit, so that we may choose faithfully to remain with Christ, and live in His light and love.
Bring us one day to everlasting life. Amen.

COLLECT

Lord God,
you call us to remain faithful to your Son and His teaching.
Grant that, strengthened by your Spirit,
we may embrace the truth of Christ's Word,
remain steadfast in faith,
and allow the Eucharist to nourish and guide us in every moment of our lives.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
God, for ever and ever. Amen.

HOMILY

A few years ago, a young teacher told me about the day she introduced a challenging topic in her classroom. Almost immediately, some students groaned, "This is too hard! We don't get it!" A few even left the room in frustration. Yet, there were others who stayed, determined to understand, asking questions, and wrestling with the ideas until they made sense. That experience stayed with her: the truth often challenges us, and not everyone is willing to stick with it.

In today's Gospel, we see a similar scene. Many of Jesus' followers hear his teaching about eating his flesh and drinking his blood and declare, "This is intolerable language." They cannot accept what Jesus is offering, and they walk away. Jesus does not chase after them or soften his words; he remains faithful to God's vision and the life he is offering. And then he turns to the Twelve and asks a pointed question: "Do you want to go away too?"
Here we see the personal nature of faith. Following Jesus is not automatic, even for those who have been with him

for some time. Faith is a gift, yes, but it also requires a conscious decision, renewed every day. Like the students who stayed in the classroom, each of us is invited to wrestle with the challenging, life-giving teachings of Jesus and to make a personal choice to remain with him. Peter's response captures the heart of this decision: "Lord, who shall we go to? You have the message of eternal life." In choosing to remain with Christ, Peter—and we, in him—acknowledge that there is no true life apart from Jesus. This decision is not only a one-time moment. Every time we gather for the Eucharist, we are renewing that choice, reaffirming that we want to draw life from the Bread of Life. The Eucharist is both the source of that life and the strength for living it. And just as Jesus calls each of the Twelve to make a personal decision, he calls each of us, today, to say yes to him, to allow his words to shape our actions, our choices, and our relationships. So, as we leave today, let us reflect on that classroom. Will we be like the ones who walked away at the first challenge, or will we be like those who stayed, determined to wrestle

with the truth, to absorb it, and let it shape our lives? Let us echo Peter's words in our hearts and in our lives: "Lord, who shall we go to? You have the message of eternal life." Amen.

INVITATION TO THE PRAYER OVER THE OFFERINGS

As we bring forward the bread and wine, let us also offer our hearts, our commitment to Christ, and our desire to grow in faith.

Pray, brothers and sisters, that my sacrifice and yours may be acceptable to God, the almighty Father.

PRAYER OVER THE OFFERINGS

Lord God, accept these gifts and transform them into the Body and Blood of Christ, the Bread of Life that strengthens and guides us. May this Eucharist deepen our faith, strengthen our resolve, and inspire us to follow Christ faithfully, even when His path is challenging.

Through Him who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

PREFACE

It is truly right and just to give you thanks, Lord, holy Father, almighty and eternal God.

You feed your people with your Son, Jesus Christ, the Bread of Life, who calls us to remain with Him, teaches us the truth, and strengthens our hearts.

Even when your Word challenges us or seems difficult to understand, Christ remains faithful and invites us to choose Him each day.

Through His life, death, and resurrection, He nourishes our souls,

restores our hope, and empowers us to live faithfully.

In the Eucharist, He sustains us, transforms our weaknesses into strength,

and enables us to follow His teaching, bearing witness to your mercy and love.

With angels and saints, we glorify your name and proclaim your holiness:

Holy, Holy, Holy...

INVITATION TO THE OUR FATHER

Let us pray confidently to our Father, who nourishes our hearts, strengthens our resolve, and guides our steps:

EMBOLISM

Deliver us, Lord, from all that leads us to walk away from your truth, and free us from doubt, fear, or confusion.

May the Bread of Life strengthen our hearts and nourish our souls, guide us faithfully along your path, and empower us to live according to your Word, so that our lives may bear witness to your mercy, truth, and love.

PRAYER FOR PEACE

Lord Jesus Christ, you call us to remain faithful and nourish us with your Body and Blood. Look upon your Church and the world. Where hearts falter, bring courage; where people are confused, bring clarity; where your Word is rejected, strengthen faith and perseverance.

May your peace dwell in us, guard our hearts, and empower us to live faithfully, following your teaching and sharing your love with all. You who live and reign for ever and ever. Amen.

INVITATION TO COMMUNION

Christ offers Himself, the Bread of Life, to nourish our faith, strengthen our hearts, and guide our steps.

Behold the Lamb of God,

behold Him who takes away the sins of the world.

Blessed are those called to the supper of the Lamb.

SHORT MEDITATION AFTER COMMUNION

The Bread of Life strengthens, nourishes, and guides us.

Let us allow Christ's presence to deepen our faith, restore our courage, and inspire us to remain faithful witnesses of His love.

PRAYER AFTER COMMUNION

Lord God,

through this Eucharist you feed us with the Bread of Life.

May we remain faithful to Christ, strengthened in hope, and empowered to live according to His teaching, so that our lives bear fruit in love and service.

Through Christ our Lord. Amen.

BLESSING

May God, who nourishes and strengthens us with the Bread of Life, fill you with faith, hope, and love.

May Jesus Christ guide your steps, strengthen your resolve, and may the Holy Spirit empower you to live faithfully in His mercy and grace.

And may almighty God bless you,
the Father ✠ and the Son ✠ and the Holy Spirit. Amen.

DISMISSAL

Go in peace,

trusting in Christ, the Bread of Life, to nourish, strengthen, and guide you.

TAKE-HOME THOUGHT

Faith requires daily choice and commitment.

Remain with Christ, allow His Word to shape your life, and draw strength from the Bread of Life in every moment.

25 April - Anzac Day (in Australia)

Wis 3,1-9 or Is 9,1-6; 1 Cor 1,18-25 or Eph 2,13-18; Jn 12,23-28 or Jn 14,23-29

INTRODUCTION

A young boy once visited a war memorial with his grandfather. As they stood before the long list of names engraved in stone, the boy asked quietly, "Grandpa, who were these people?" The grandfather paused for a moment and replied, "They were ordinary people who chose to do something extraordinary for others." The boy looked again at the names and said, "So they helped people they didn't even know?" The grandfather nodded and said, "Yes, and that's why we remember them."

Today, as we gather on Anzac Day, we pause to remember those ordinary men and women whose courage, sacrifice, and service shaped our nation's history. Behind every name is a life, a family, and a story of dedication to something greater than oneself.

Our readings today invite us to reflect on the deeper meaning of such sacrifice. Scripture reminds us that even when life seems lost, God sees and values every act of love and faithfulness. What is given in service and love is never wasted in God's sight.

As we celebrate this Eucharist, we remember with gratitude those who served and those who gave their lives. We also pray that their example may inspire us to live with courage, compassion, and faith, trusting in the God who brings hope and life even out of sacrifice.

PENITENTIAL ACT WITH KYRIE INVOCATIONS

Lord Jesus, you gave your life that we might have eternal life. **Lord, have mercy.**

Christ Jesus, forgive us when we fail to live in courage, love, and service. **Christ, have mercy.**

Lord Jesus, help us to honour the sacrifices of others by living faithfully in your light. **Lord, have mercy.**

PRAYER OF ABSOLUTION

Almighty God,
you are our refuge and our strength,
and you call us to lives of courage, mercy, and love.
Forgive our sins and strengthen our hearts,
so that we may follow Christ faithfully,
serve one another in solidarity, live as witnesses of your
hope and peace. Lead us one day to everlasting life.
Amen.

COLLECT

Lord God, you sustain us with your love and give courage
to those who serve others.
Grant that, inspired by the example of those who sacrificed
for freedom, we may live lives of selflessness, hope, and
faithfulness, and bear witness to your mercy, peace, and
justice in our families, communities, and the world.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
God, for ever and ever. Amen.

HOMILY

Many years ago, an elderly veteran recounted a moment
from the battlefield. Amidst the chaos, a young soldier he
barely knew whispered, “I’m scared.” Without thinking, he
reached out, held the young man’s hand, and whispered,
“We’ll face this together.” That small act of courage and
solidarity became a memory he carried for the rest of his
life. Today, as we gather on Anzac Day, we remember not
only the battles, but the human hearts behind them—the
courage, the sacrifice, and the hope that endured even in
the darkest moments.

Our readings today speak powerfully to the realities of
sacrifice and the hope that sustains us. In **Wisdom 3**, we
hear of the souls of the righteous: “though in the sight of
others they seemed to die, they are at peace.” Their faith
gave them strength, even when life was uncertain or brief.
This mirrors the courage of our soldiers—men and women
who faced immense danger, uncertain if they would see
the next day, yet who acted with selflessness for the good
of others.

In the **Gospel of John**, Jesus speaks of the grain of wheat: “Unless a grain of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces much fruit.” Here, Jesus links death to new life—what is sown in sacrifice bears fruit beyond itself. On Anzac Day, we honour those who have fallen, but we also acknowledge the fruits of their sacrifice: freedom, peace, and the ongoing responsibility to live lives of service and integrity.

The **letters of Paul**, whether in Corinthians or Ephesians, remind us that God’s wisdom is often found where the world sees weakness. True strength, courage, and peace are not just in victory, but in love, self-giving, and unity. The courage of the Anzacs was not only in battle, but in their solidarity with one another—their willingness to face fear together. This is the echo of God’s promise: in the midst of suffering and sacrifice, He offers reconciliation, peace, and eternal life.

As we remember the Anzacs today, let us also consider what Jesus calls us to in our own lives: the courage to

stand for truth, the willingness to serve, and the faith to believe that even the smallest acts of love can bear great fruit. In our families, workplaces, and communities, we can honour their legacy not just with words, but with lives that embody hope, courage, and compassion.

After the war, that same veteran would visit the graves of his fallen friends. He said that each visit reminded him of a simple truth: courage, sacrifice, and love never die. They take root and grow, in the lives of those who remember and act. Today, as we pause to honour the Anzacs, may we carry forward their legacy—not only in memory, but in how we live, love, and serve. In that way, their sacrifices continue to bear fruit, and we live as witnesses to the hope that God gives us through Christ.

INVITATION TO THE PRAYER OVER THE OFFERINGS

As we bring forward the gifts of bread and wine, let us also offer our gratitude, our prayers for peace, and our commitment to lives of service and courage.

Pray, brothers and sisters now, that my sacrifice and yours may be acceptable to God, the almighty Father.

PRAYER OVER THE OFFERINGS

Lord God, accept these gifts and transform them into signs of your love and mercy.

May this Eucharist strengthen our hearts, renew our courage, and inspire us to live lives of service, remembering those who have sacrificed for freedom, and following Christ's example in faith, hope, and love. Through Christ, our Lord. Amen.

PREFACE

It is truly right and just to give you thanks, Lord, holy Father, almighty and eternal God.

Today we remember those who gave their lives in service and courage, and we celebrate the faithfulness and hope that sustain us even in times of trial.

Through Christ, the grain of wheat that dies and bears much fruit, we see that sacrifice brings life, love, and freedom.

In Christ's life, death, and resurrection, we witness the power of your mercy, the strength of your love, and the hope of eternal life.

Through Him, you call us to serve, to love, and to live in solidarity with one another.

With angels and saints, we glorify your name and proclaim your holiness:

Holy, Holy, Holy...

INVITATION TO THE OUR FATHER

Let us pray confidently to our Father, who strengthens the hearts of the faithful, guards those in need, and calls us to lives of courage and love:

EMBOLISM

Deliver us, Lord, from all that weakens our faith, and free us from fear, selfishness, and despair.

May the Bread of Life strengthen our hearts, nourish our spirits, and guide our steps, so that we may live with courage, hope, and love, and bear witness to your mercy and truth in all we do.

PRAYER FOR PEACE

Lord Jesus Christ, you are our refuge, our strength, and our peace. Look upon your Church and the world. Where hearts are weary, bring renewal; where courage falters, bring strength; where love is needed, empower us to act. May your peace dwell in our hearts, guard our communities, and inspire us to live in solidarity, service, and hope, reflecting your mercy and everlasting love. You who live and reign for ever and ever. Amen.

INVITATION TO COMMUNION

Christ offers Himself, the Bread of Life, to strengthen our hearts, renew our courage, and guide our steps. **Behold the Lamb of God, behold Him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.**

SHORT MEDITATION AFTER COMMUNION

The Bread of Life nourishes our hearts, empowers us to serve others, and strengthens our courage. May we live in gratitude for those who sacrificed, and in faithfulness to Christ who gives His life for the world.

PRAYER AFTER COMMUNION

Lord God, through this Eucharist, you strengthen our hearts and nourish our souls. May we live in courage, love, and service, following Christ's example, and honouring those who gave their lives for freedom, so that your mercy, hope, and peace may shine through us. Through Christ our Lord. Amen.

BLESSING

May God, who strengthens us with the Bread of Life, fill you with courage, faith, and love. May Jesus Christ guide your hearts, renew your hope, and may the Holy Spirit empower you to live faithfully in service and mercy. And may almighty God bless you, the Father ✠ and the Son ✠ and the Holy Spirit. Amen.

DISMISSAL

Go in peace, trusting in Christ, the Bread of Life,
to nourish, guide, and strengthen you in courage, love, and
service.

TAKE-HOME THOUGHT

Faith, courage, and service are gifts we share with others.

**Let Christ, the Bread of Life, guide your steps,
and may your life be a witness to hope, love, and
mercy, honouring those who gave themselves for the
good of others.**