

### 3<sup>rd</sup> Sunday of Easter

The readings and gospel call us to reflect on our lives in terms of how peaceful and joyous they are. The gospel and readings remind us of our need to cultivate the fruits of the Holy Spirit, especially Joy and Peace, through practicing repentance and contrition for our sins; which involves cultivating a desire and ability to make the Trinity's commandments the source for guiding our lives. We need to make the Trinity's commandments the measure of how well we are loving the Trinity and others as the Trinity love us, rather than using society's, culture's self-centered relativistic values.

For us today, what cultural worldly desires, and influences do we allow into our lives which disturb, destroy the fruits of the Holy Spirit, especially Joy and Peace? What secular, worldly passions, desires and influences do we follow, which lead us into sin thereby destroying, disturbing the fruits of the Holy Spirit? What do we let in which destroys, weakens, the influences of the Gifts of the Holy Spirit thereby destroying, disturbing the fruits of the Holy Spirit?

For us to grow in our ability and desire to continue to benefit from the Trinity's peace and Joy, we need to be open to Trinity's truth as expressed by the Trinity's commandments and the Church's teachings. We need to grow in our desire and ability to examine our lives in light of the Trinity's commandments and the Church's teachings, under the guidance of the Holy Spirit; not as arbitrary rules & regulations but rather as the guidebook the Trinity gave us so we can benefit from the Gifts and Fruits of the Holy Spirit.

Before and after we receive our Lord & Savior at communion, we need to ask the Trinity for the grace to be open strengthening the gifts of the Holy Spirit, to strengthening the virtues of Docility, Humility and Meekness so as to continue to benefit from the Fruits of the Holy Spirit, especially Peace and Joy, in order to become more loving adopted sons and daughters of the Father; in order to become more loving adopted sisters and brothers of Christ.

We also need to make use of the sacrament of Confession, so as to receive the graces we need, in order to strengthen the Gifts of the Holy spirit and the Cardinal virtues so we can weed out those secular, worldly passions, desires and influences in our lives, which lead us into sin which destroy, the Fruits of the Holy Spirit in us.

Before we continue on with the Mass, let us ask the Father to send the Holy Spirit now and when we consume our Lord and Savior, in order to be open to the Trinity's graces; so as to become more intimate, loving, adopted family members, of the Father, Son, and Holy Spirit by strengthening the gifts of the Holy Spirit and the virtues of Docility, Humility, and Meekness.