

## 5<sup>th</sup> Sunday of Easter

The readings and gospel call us to reflect on how well do we maintain our relationship with the Trinity. In the gospel, Christ reminds us of our need to work on strengthening our relationship with the Trinity when He says:

“Remain in me, as I remain in you.  
Just as a branch cannot bear fruit on its own  
unless it remains on the vine,  
so neither can you unless you remain in me.”

and

“Anyone who does not remain in me  
will be thrown out like a branch and wither;  
people will gather them and throw them into a fire  
and they will be burned.”

The passage from St John’s first letter, reminds us that for our relationship to be strengthened, we need to work on growing in our ability to more fully and faithfully live out the Trinity’s truth and will for us as expressed in Their commandments so as to properly respond to the Trinity’s sacrificial love. While in the passage from the Acts of the Apostles, we are reminded of the centrality of being open to the Trinity’s graces in order to strengthen the Gifts of the Holy Spirit, especially “Fear of the Lord,” so we can properly response to the Trinity’s sacrificial love by more fully and faithfully living out the Trinity’s truth and will for us.

“Fear of the Lord” helps us to understand the greatness and awesomeness of the Trinity. It helps us to love and serve the Trinity because it helps us to understand who we are and why we are here in relationship to Trinity. “Fear of the Lord” helps us to understand and accept that everything we are that is good and loving is due to the Trinity’s infinite, perfect love which They desire to share. “Fear of the Lord” helps us to do Their will and avoid sin by deepening our desire to love the Trinity as They love us.

For us today, will we take Christ’s admonition to work on strengthening our relationship with the Trinity by more closely following Christ’s example of sacrificial love and obedience? Will we work on growing in our desire and ability to strengthen the Gifts of the Holy Spirit, especially “Fear of the Lord,” so we can have a relationship with the Trinity based on desiring a deeper, more intimate loving union with the Trinity?

Listen to the Prayer Over the Offerings:

“O God, who by the wonderful exchange effected in this sacrifice  
have made us partakers of the one supreme Godhead,  
grant, we pray,  
that, as we have come to know your truth,  
we may make it ours by a worthy way of life.”

And to the Prayer After Communion:

“Graciously be present to your people, we pray, O Lord,  
and lead those you have imbued with heavenly mysteries  
to pass from former ways to newness of life”

As these prayers remind us, do we truly desire the graces given when we receive the “Most Holy Body & Blood” of Christ so that the Cardinal virtues, the virtues of Humility, Meekness, and Docility; and Gifts of the Holy Spirit, especially “Fear of the Lord” can be strengthened in us so we can grow in our ability to follow Christ’s example of sacrificial love and obedience in order to love as the Trinity love us?

Just before we receive our Lord & Savior at communion, we need to spend that time asking for the Trinity’s help to be open to receiving the graces given when we receive the “Most Holy Body & Blood” of Christ so the Cardinal virtues, the virtues of Humility, Meekness, and Docility; and the Gifts of the Holy Spirit, can be strengthened in us, in order to grow in our ability to love as the Trinity love us.

After we have received our Lord & Savior at communion, will we spend that time thanking the Trinity for the graces we have received which strengthen the Cardinal virtues, the virtues of Humility Meekness and Docility; and Gifts of the Holy Spirit, so we can grow in our ability to follow Christ’s example of sacrificial love and obedience.

Before and after mass, we should also spend some time to be with Christ, and the other members of the Trinity, in quiet meditation, so we can remain in Christ as he beckons us to do in the gospel, in order to maintain and strengthen our relationship as adopted brothers & sisters of Christ; as adopted sons and daughters of the Father.

During the week, we should also make an effort to try to spend time to be with Christ, and the other members of the Trinity, in Their and our home, this church, in quiet meditation, so we can remain in Christ as he beckons us to do in the gospel so as to maintain and strengthen our relationship as adopted brothers & sisters of Christ; as adopted sons and daughters of the Father.

We also need to make more use of the sacrament of Confession, so as to receive the graces we need, in order to strengthen the Gifts of the Holy Spirit, the Cardinal virtues, and the virtues of Docility, Meekness, and Humility, so we can weed out those secular, worldly passions, desires, and influences in our lives, that lead us into sin which destroys, weakens, our ability to more faithfully follow Christ’s example of sacrificial love and obedience so as to maintain our status as intimate adopted members of the Trinity’s family.

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, the Cardinal virtues, and the virtues of Docility, Humility, and Meekness.