

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

The readings and gospel remind us, that our faith is counter-cultural, and therefore, we constantly choose which type of love we nurture, sustain, in us, and, more importantly what do we use to nurture, sustain that type of love. We can choose to nurture our souls, our heart, mind and will, with either secular culture's Culture of Death, which is based on self-centered values or the Trinity's Culture of Life which is based on the Trinity's eternal life-giving truth. If we desire to nurture our souls, our heart, mind and will based on the Trinity's eternal life-giving truth, we need to grow in our ability to choose actions, and thoughts which allow us to be guided by the Trinity's eternal life giving will and truth through strengthening our knowledge and understanding of the Trinity's Truth, as expressed by our Church's teachings.

For us today, will we take to heart Christ's admonition in the gospel to grow in our understanding and knowledge of the Trinity's Truth, as expressed by our Church's teachings, when He says:

“Consecrate them in the truth. Your word is truth.

As you sent me into the world,  
so I sent them into the world.

And I consecrate myself for them,  
so that they also may be consecrated in truth.”

Will our actions show that we do make an effort to grow in our knowledge and understanding of the Church's teachings by praying for the Theological and Cardinal virtues and the gifts of the Holy Spirit to be strengthened in us? Will our actions show that we make an effort to learn, to deepen our knowledge and understanding of our Church teachings by studying the Church's documents, especially when we disagree with a particular one? Or will our actions show that we follow, use secular society's values and approach to the Trinity's eternal life-giving truths; to make our decisions regarding the Church's teachings based on media sound bites; to make our decisions regarding the Church's teachings based on analysis by secular society's values rather than by the guidance of the Holy Spirit's gifts and the Trinity's graces?

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 we can strengthen the Gifts of the Holy Spirit, the Cardinal and Theological virtues, in order to grow in our ability, to deepen our knowledge and understanding of the Church teachings

After we have received our Lord & Savior at communion, we need to thank the Trinity for the graces we have received, and, ask for the help we need, to continue to strengthen the Gifts of the Holy Spirit, the Cardinal and Theological virtues, in order to grow in our ability, to deepen our knowledge and understanding of the Church teachings.

After mass later today, we should also spend some time to be with Christ, and the other members of the Trinity, in quiet meditation, so we can ask Them, for the graces we need, to continue to strengthen the Gifts of the Holy Spirit, the Cardinal and Theological virtues in order to, grow in our ability, to deepen our knowledge and understanding of the Church teachings.

During the week, we should also make an effort to ask the Trinity, for the help we need to continue to strengthen the Gifts of the Holy Spirit, the Cardinal and Theological virtues in order to grow in our ability, to deepen our knowledge and understanding of the Church teachings.

We also need to make an effort to grow in our knowledge and understanding of Trinity's truth by reading and studying the Church's documents, especially those we have trouble accepting.

We also need to make more frequent 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 Theological and Cardinal virtues, 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 deepen our knowledge and understanding of the Church teachings, so we can become more intimate, loving, 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 Theological and Cardinal virtues.