

# LIVING FAITH

6<sup>th</sup> SUNDAY OF EASTER

MAY 10, 2026



## THE GOSPEL FOR TODAY

John 14:15-21

'If you love me, you will keep my commandments. And I will ask the Father, and he will give you another Advocate, to be with you for ever. This is the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, because he abides with you, and he will be in you.

'I will not leave you orphaned; I am coming to you. In a little while the world will no longer see me, but you will see me; because I live, you also will live. On that day you will know that I am in my Father, and you in me, and I in you. They who have my commandments and keep them are those who love me; and those who love me will be loved by my Father, and I will love them and reveal myself to them.'

## REFLECTING ON THE GOSPEL: INDWELLING

As Jesus continues to speak to the disciples in the upper room after the Last Supper, he tries to reassure them that even though they will not longer see him in the flesh, he will still be with them in and through "the Spirit of truth." Jesus tells them that the Spirit "**abides with** them" and "**will be in** them." He promises the disciples that he will be with them in a new way; he is introducing them to the transition from his *being with* them in the flesh to his *dwelling in* them in the Spirit.

The idea of *indwelling* is central to John's gospel; it is possible in and through the Holy Spirit. Jesus says: "The Holy Spirit is in you. I am in my Father. You are in me. I am in you." The Father, the Son and the Holy Spirit dwell in us – and we dwell in the God in whom "we live and move and have our being" (Acts 17:28).

We can become aware of the gift of God's abiding presence and this mutual indwelling in silent reflection and contemplation.

- 1. For adults: Call to mind an experience where you just knew that God was with you. Describe that experience as well as you can. (It is very difficult to find the words!)**
- 2. For young people: What signs can you point to that Jesus is present and at work in the world around you? How have you been a sign of that presence for someone else?**
- 3. For children: Sit very still for a moment. Jesus is everywhere. He lives in your heart. What is one thing that you can do today to share with others the love of Jesus?**

# Jesus Promises the Holy Spirit

"And I will ask the Father, and he will give you another Counselor to be with you forever." John 14:16 (NIV)

The puzzle is based on John 14:15-21 (NIV).



**John 14:16**

B L L A D W G C L A I A X R N  
 D X S L S G N C O S A M I O O  
 Q N R H P K Y O I M H S A I K  
 N O R M I O L E R S M O K A X  
 W I U K R A C C E P T A W B K  
 H F Y U I E M O B G H Z N E A  
 H J T G T V C C V V B A S D J  
 G W N H N I N O Q W G D N S E  
 F X S L D M Y U K H Q F P S F  
 R C T K I H Y N C T H O G M R  
 Z Z G L O V E S R G L R T Y D  
 F A T H E R E E P A B E R S Y  
 M U R O P S O L I E T V U E E  
 K O O B E Y V O M Z M E T L O  
 H C Q N E I P R Z B F R H F U

|         |         |        |           |        |
|---------|---------|--------|-----------|--------|
| FATHER  | WORLD   | OBEY   | COUNSELOR | SHOW   |
| ASK     | COMMAND | LIVE   | SPIRIT    | LOVE   |
| FOREVER | ORPHANS | MYSELF | TRUTH     | ACCEPT |

# THE CHURCH TEACHES

## POPE FRANCIS TALKED ABOUT THE INDWELLING OF THE HOLY SPIRIT

*Here are Pope Francis' words...*

Many Christians have their hearts like a road, and they don't know who's coming and who's going, what's coming and what's going. That's because they don't know how to examine what's going on in their interior. That's why I recommend that every day, you take a time before going to bed, or at midday — whenever you want — and you ask yourself:

- “What has happened today in my heart?”
- What did I want to do, to think?
- What spirit has moved in my heart? Is it the Spirit of God, the Gift of God, the Holy Spirit that always leads me to an encounter with the Lord, or the spirit of the world that smoothly, slowly separates me from the Lord?

The infographic features a central purple hand with five fingers. Each finger is numbered in a circle, with corresponding text and icons:

- 1** (Thumb): Start with the thumb. Pray for those who are closest to us. The ones we love. 
- 2** (Index finger): The index finger, also known as the pointer finger. Pray for those who point the way. Our teachers, healers, and those who protect us. 
- 3** (Middle finger): The middle finger is our tallest finger. It reminds us to pray for our leaders and those in authority. 
- 4** (Ring finger): The ring finger is our weakest finger. It is important to pray for those who are weak, sick, or struggling. 
- 5** (Pinky): The pinky is our smallest finger and reminds us to pray for ourselves. 

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**THE FIVE FINGER PRAYER,  
INSPIRED BY POPE FRANCIS**



## Prayer for National Family and Life Week May 10 – 17, 2026 “I am with you always”.

Good and gracious God,  
In you we place our trust, mindful of your constant presence  
and loving care.  
Through your goodness we have received life and the joy of living in  
relationship with one another.  
Guide our families during all stages of life  
to seek your strength and comfort.  
As we navigate the daily tasks of family life,  
may we call on your Spirit to lead and inspire us.  
Knowing the constant love you have for us,  
may we offer praise and thanks to you.  
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

### Annual Celebration of Marriage and Family Life

On Sunday June 14, at 3:00 p.m., the Archdiocese will be hosting our annual Mass celebrating the Sacrament of Marriage and the gift of Family Life at the Cathedral-Basilica of St. John the Baptist. All are welcome and invited to attend this celebration. Couples married in the Catholic Church who register by June 8th will be officially acknowledged at the Mass and receive a special blessing as part of this celebration. A registration form can be found on the Archdiocesan webpage ([www.rcsj.org](http://www.rcsj.org)), or registration can be taken by phoning the Archdiocesan Office of Evangelization and Catechesis at 709-726-3660 ext. 2. (For those unable to attend, the Mass will be live streamed at Cathedral Basilica Foundation - YouTube). A reception will follow Mass at the Cathedral.

### Horizons of Hope

Horizons of Hope is a four week series that combines good video input from experts, helpful print resources and guided small group discussion. The series helps us to explore some of the questions that people often ask about care of people at the end of life's journey:

- How do we make good decisions when faced with life-limiting illnesses?
- How can we accompany and support those who are sick and dying?
- How might we make choices for compassionate care at the end of life?
- How does our faith in Christ help us to understand the human experience of dying and death?

Horizon of Hope will be offered on Thursday nights in May (May 7, 14, 21, & 28 from 7-9 pm) at St. Teresa's church, 120 Mundy Pond Rd. Registration is free, but required. To register, contact [rafftcssr@gmail.com](mailto:rafftcssr@gmail.com)