

Sunday 16 May

Today is Sunday the 16 May, beginning the seventh week of Easter.

The monks of Glenstal Abbey sing Viri Galilei: "Men of Galilee, why do you stand looking into the sky? The Lord will return, just as you have seen him ascend. Alleluia."

Today's reading is from the Gospel of John.

Jesus seems to pray for things just once, and then leave it to his Father to remember the request and deal with it. Do I have this confidence when I pray?

Jesus wants to share his joy with the disciples while he lives. Is my image of Jesus one of joyfulness, or perhaps a bit on the serious side. Do I need to grow in my awareness of the joyfulness of Jesus? Do I want to?

Joy is one of the gifts of the Holy Spirit, a gift Jesus sends to us still. Listen again to the reading, and sense the peace and joy that is there, even at such an anxious time.

God's love is unconditional, so everything I really need is mine already. Ask Jesus now, perhaps, to send you the gift of joy. Tell him the troubles in life that make it difficult to be joyful, praying to be cheerful, in spite of difficulties.

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning, is now and ever shall be, world without end. Amen.