

## Here's a text if you've only a minute ...

The Lord is good to all, compassionate to all his creatures. *Psalm*

God will make his home among us;  
we shall be his people and he will be our God. *Second Reading*

Let us pray in the freedom of the sons and daughters of God.

Father of our Lord Jesus Christ,  
you have revealed to the nations your saving power  
and filled all ages with the words of a new song.

Hear the echo of this hymn.  
Give us voice to sing your praise  
throughout this Easter season of joy.  
*Old Opening Prayer*

This week's texts if you'd like to reflect further:  
Acts 14: 21–27; Psalm 144 (145); Apocalypse 21: 1–5; John 13: 31–35



'Love is shown rather more in deeds than in words'  
*St Ignatius*

If you'd like to receive Prego by email each week, sign up at  
[www.stbeunosoutreach.wordpress.com](http://www.stbeunosoutreach.wordpress.com)

**ST BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM**



Fifth Sunday of Easter  
Year C, 15th May 2022

'Love one another,  
just as I have loved you'

As Eastertide continues, we are invited to live as part of God's glorious plan to bring about a new creation. Jesus's new commandment to 'love one another just as I have loved you' is the key to transforming our world. **(Gospel)**

The **First Reading** continues the story of the mission of Paul and Barnabas. Just as they encouraged the new Christian disciples to persevere in faith, we too can be encouraged to see what can be achieved when we allow God to work within and among us.

The **Psalm** calls us to sing of God's goodness with the whole of creation, proclaiming God's compassion, love and glory to all.

The vision of the heavenly Jerusalem in the **Second Reading** promises a new heaven and a new earth – a new creation where God lives among God's people, becoming God-with-us.

This week I might pray to love others more and more as Jesus loves us, so that I can help play my own part in making all things new. I remember those parts of the world where hatred and destruction are evident, asking that love and mercy may prevail. In particular I continue to join with others in praying for peace for the people of Ukraine and eastern Europe.



### Opening Prayer

Almighty ever-living God,  
constantly accomplish the Paschal Mystery within us,  
that those you were pleased to make new in Holy Baptism  
may, under your protective care, bear much fruit  
and come to the joys of life eternal.

## Psalm 144 (145)

**R./ I will bless your name for ever, O God my King**

**T**he Lord is kind and full of compassion,  
slow to anger, abounding in love.  
How good is the Lord to all,  
compassionate to all his creatures.

All your creatures shall thank you, O Lord,  
and your friends shall repeat their blessing.  
They shall speak of the glory of your reign  
and declare your might, O God,  
to make known to all your mighty deeds  
and the glorious splendour of your reign.

Yours is an everlasting kingdom;  
your rule lasts from age to age.

As I prepare to become still, I know that God is with me, gazing on me.

How am I, as I come to prayer today? I ask God to be the God of love and compassion to me and through me today.

In time, I read through the psalm slowly and attentively, becoming familiar with the words of this song of praise.

It may help my prayer to focus on the many reasons the psalmist has for wanting to sing God's praises and to bless the Lord's name.

To which words or expressions am I most drawn?

I stay with them, listening in my heart for what attracts me.

If any words disturb my prayer, I stay there too, listening for what is uncomfortable for me.

I rest with the Lord for a while, listening for whatever God might have to say to me. Perhaps I make my own prayer of praise to God, or simply sit with the Lord in prayerful silence.

When I am ready, I gently finish this time of prayer, thanking God.

*Glory be ....*

## Gospel John 13: 31–5

**W**hen Judas had gone, Jesus said:  
'Now has the Son of Man been glorified,  
and in him God has been glorified.  
If God has been glorified in him,  
God will in turn glorify him in himself,  
and will glorify him very soon.  
'My little children,  
I shall not be with you much longer.  
I give you a new commandment:  
love one another;  
just as I have loved you,  
you also must love one another.  
By this love you have for one another,  
everyone will know that you are my disciples.'

I take time to come to stillness in the way that is best for me, conscious of moving into this holy space before the Lord. I ask God to help me respond to him today with openness and generosity.

I read these words from St John slowly, taking time to savour them. Maybe it helps to place myself sitting with Jesus and his friends at supper, as he speaks these words. Perhaps I hear him talking to me, too, as one of his beloved 'little children'. I sit quietly and listen.

Jesus calls his friends to love in a radical new way, with the same self-giving love that he himself has lived.

How do I feel to be entrusted with this? Inspired? ... challenged? ... privileged ... or ...?

How do I want to respond to Jesus?

Maybe I think of people whom I admire who seem able to radiate this radical love of Jesus. What does it mean to live my life so others can see me as a disciple of Jesus?

I share my deepest thoughts with the Lord as I would with a trusted friend, asking for whatever help or grace I need.

In time, I slowly end my prayer, perhaps with the words 'Glory be to the Father ...', as I ask the Lord to deepen his life within me.