

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

Let the nations be glad and exult,
for you rule the world with justice.

Psalm

If you love me, keep my commandments, says the Lord.
The Father will send you the Holy Spirit, to be with you for ever.

Communion Antiphon

The Holy Spirit ... will teach you everything
and remind you of all I have said to you.

Gospel

Do not let your hearts be troubled or afraid.

Gospel

Let us pray that we may practise with our lives the faith we profess.

Ever-living God,
help us to celebrate our joy
in the resurrection of the Lord
and to express in our lives
the love we celebrate.

Old Opening Prayer

This week's texts if you'd like to reflect further:
Acts 15: 1–2, 22–29; Ps. 66 (67); Apoc. 21: 10–14, 22–23; John 14: 23–29



O God, be gracious
and bless us
and let your face shed
its light upon us!

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ST. BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM



Sixth Sunday of Easter
Year C, 22nd May 2022

'A peace the world cannot give,
this is my gift to you.
Do not let your hearts be troubled or afraid.'

As we continue through Eastertide, the readings at Sunday Mass turn towards the Holy Spirit. In Jesus's Farewell Discourse to his disciples (**Gospel**), he announces that he is to return to his Father, and tells them not to be afraid or troubled: he will still be with them through the Holy Spirit. Jesus also bestows on them the gift of his peace.

In the **First Reading**, we see how, despite the differences between members of the early Christian Church, the community was guided by the Holy Spirit in coming to decisions.

The **Second Reading** shows the transformation that has been brought about by the death and resurrection of Christ; the new Jerusalem is in perfect order and needs no temple, because God is already in union with God's people, dwelling in them.

In a song of thanksgiving, the **Psalmist** asks God to bless everyone, and for God's ways and saving help to be known to all.

This week, let us pray for peace for all nations, especially for the people of Ukraine, eastern Europe, Yemen, Syria and Palestine, as well as for ourselves. I may also ask that I share Christ's word with those I encounter through my actions.



Opening Prayer

Grant, almighty God,
that we may celebrate with heartfelt devotion these days of joy,
which we keep in honour of the risen Lord,
and that what we relive in remembrance
we may always hold to in what we do.

Psalm 66 (67)

**R./ Let the peoples praise you, O God;
Let all the peoples praise you.**

O God, be gracious and bless us
and let your face shed its light upon us.
So will your ways be known upon earth
and all nations learn your saving help.

Let the nations be glad and exult
for you rule the world with justice.
With fairness you rule the peoples,
you guide the nations on earth.

Let the peoples praise you, O God;
let all the peoples praise you.
May God still give us his blessing
till the ends of the earth revere him.

Finding a quiet space wherever I can, I notice how I am feeling, and get ready for my prayer.

I take as long as I need to become still, confident that the Lord always waits patiently for me to join him. He gazes on me tenderly, delighted I am here, loving me just as I am.

As I become more still, I rest silently with the Lord. Then, when I am ready, I slowly read and re-read this psalm of praise.

I pause at any word or phrase that draws me, and repeat it, allowing it to soak in. Perhaps I am struck by 'justice' ... 'fairness' ... 'all peoples' ... 'all nations' ... or something else? I ponder the significance of this word for me.

Maybe I sing with the psalmist, expressing desire for God's light to shine upon all peoples, and upon me. In what ways am I sharing God's ways?

As I look at my own life and the wider world, is there a particular area for which I seek God's help?

I can speak freely with the Lord, just as I would a close friend and ask for his guidance.

As I slowly bring my prayer to a close, with a sense of gratitude I ask for God's blessing, and end '*Glory be ...*'

Gospel John 14: 23–29

Jesus said to his disciples:
'If anyone loves me they will keep my word,
and my Father will love them,
and we shall come to them and make our home with them.
Those who do not love me do not keep my words.
And my word is not my own: it is the word of the one who sent me.
I have said these things to you while still with you; but the Advocate,
the Holy Spirit, whom the Father will send in my name, will teach
you everything and remind you of all I have said to you.
Peace I bequeath to you, my own peace I give you,
a peace the world cannot give, this is my gift to you.
Do not let your hearts be troubled or afraid. You heard me say:
I am going away, and shall return.
If you loved me you would have been glad to know
that I am going to the Father, for the Father is greater than I.
I have told you this now before it happens,
so that when it does happen you may believe.'

Settling into stillness, I set aside anything that may be troubling me, entrusting it into God's safe hands for now.

I read the Gospel slowly and carefully. I may like to picture Jesus speaking to me personally. I let his words soak in and ponder what they mean for me.

'*If anyone loves me, they will keep my word*'. In what ways am I doing this? What might I want to say to Jesus?

I may find myself reflecting on the word '*Advocate*' ... or perhaps other words come to mind: 'lawyer', 'helper', 'teacher', 'guide', 'defender', 'comforter', 'counsellor', 'supporter' ... ? I ponder their significance.

Perhaps I think of other words for *peace* too ... 'calmness', 'Shalom', 'freedom', 'harmony', 'wholeness', 'completeness' ... What does peace look like for me in my life just now? Maybe I sense the comfort and reassurance that Christ's peace brings.

In times when I may feel *afraid or troubled*, what do I do? To whom do I turn? Do I place my trust in the Lord, or try to rely on myself?

Maybe I associate the phrase '*a peace the world cannot give*' with current conflicts throughout the world. I pray for all those affected in any way.

I speak to Jesus about any feelings that have arisen from my prayer, then close with a slow sign of the cross.