

3rd Sunday of Easter

John 21:1-19

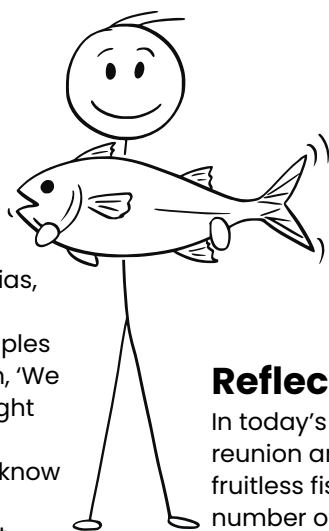
'Jesus came and took the bread and gave it to them, and so with the fish.'

At that time: Jesus revealed himself again to the disciples by the Sea of Tiberias, and he revealed himself in this way. Simon Peter, Thomas (called the Twin), Nathanael of Cana in Galilee, the sons of Zebedee, and two others of his disciples were together. Simon Peter said to them, 'I am going fishing.' They said to him, 'We will go with you.' They went out and got into the boat, but that night they caught nothing.

Just as day was breaking, Jesus stood on the shore; yet the disciples did not know that it was Jesus. Jesus said to them, 'Children, do you have any fish?' They answered him, 'No.' He said to them, 'Cast the net on the right side of the boat, and you will find some.' So they cast it, and now they were not able to haul it in, because of the quantity of fish. That disciple whom Jesus loved therefore said to Peter, 'It is the Lord!' When Simon Peter heard that it was the Lord, he put on his outer garment, for he was stripped for work, and threw himself into the sea. The other disciples came in the boat, dragging the net full of fish, for they were not far from the land, but about a hundred metres off.

When they got out on land, they saw a charcoal fire in place, with fish laid out on it, and bread. Jesus said to them, 'Bring some of the fish that you have just caught.' So Simon Peter went aboard and hauled the net ashore, full of large fish, one hundred and fifty-three of them. And although there were so many, the net was not torn. Jesus said to them, 'Come and have breakfast.' Now none of the disciples dared ask him, 'Who are you?' They knew it was the Lord. Jesus came and took the bread and gave it to them, and so with the fish. This was now the third time that Jesus was revealed to the disciples after he was raised from the dead.

When they had finished breakfast, Jesus said to Simon Peter, 'Simon, son of John, do you love me more than these?' He said to him, 'Yes, Lord; you know that I love you.' He said to him, 'Feed my lambs.' He said to him a second time, 'Simon, son of John, do you love me?' He said to him, 'Yes, Lord; you know that I love you.' He said to him, 'Tend my sheep.' He said to him the third time, 'Simon, son of John, do you love me?' Peter was grieved because he said to him the third time, 'Do you love me?' and he said to him, 'Lord, you know everything; you know that I love you.' Jesus said to him, 'Feed my sheep. Truly, truly, I say to you, when you were young, you used to dress yourself and walk wherever you wanted, but when you are old, you will stretch out your hands, and another will dress you and carry you where you do not want to go.' (This he said to show by what kind of death he was to glorify God.) And after saying this he said to him, 'Follow me.'



Reflection

In today's passage from the Gospel of John, we witness a beautiful moment of reunion and reconciliation between Jesus and His disciples. After a long night of fruitless fishing, Jesus appears on the shore, guiding them to catch an abundant number of fish. He then invites them to breakfast, offering them bread and fish—a profound gesture of care and provision.

For us, the significance of this moment can be deeply connected to our Vincentian mission. Jesus, through His actions, teaches us the value of humility, service, and love in action. He calls us to feed His sheep, just as He shared His meal with His disciples. The act of sharing food goes beyond providing physical nourishment; it is a symbol of Christ's deeper invitation to care for others—body and soul.

In the Vincentian spirit, we are called to show the same love and compassion that Jesus showed His disciples. St. Vincent de Paul often spoke of "feeding" the poor—not just by offering them material needs, but by offering love, dignity, and respect. Our service to those in need reflects the love of Christ, who welcomed His disciples despite their doubts and failings. He didn't ask them for perfect faith, but simply for love, a love that transforms and compels action.

Materials needed

- Small slips of paper or index cards
- A basket or container

Activity

- Write down different acts of kindness on slips of paper (see list below for ideas).
- Fold the slips and place them in a basket or container.
- Each person will take turns drawing a slip from the basket.
- They will then read the act of kindness and are challenged to complete it at some point during the week.
- Remind everyone that just like the disciples listened to Jesus, we can show our love for Him by acting with kindness.

Acts of Kindness

Compliment someone on their outfit.

Help a friend with their homework.

Give a sincere "thank you" to a teacher.

Hold the door open for someone.

Share your lunch with someone.

Help clean up after a group activity.

Send a kind text to a friend or family member.

Offer to help with a household chore.

Listen to someone who needs to talk.

Donate an item you no longer use to a charity shop.

Offer a seat to someone on public transport.

Invite someone to join in with your activity or group.

Make a card for someone who's feeling down.

Help someone with a task they are doing.

Write a positive message on social media.

Thank someone who has helped you recently.

Make a cup of tea or coffee for someone.

Leave an encouraging note for someone to find.

Spend time with someone who may be feeling lonely.

Volunteer at a local charity or community centre.

Share a positive story or news with others.

Ask someone if they need help with something.

Pick up litter you see on the street or park.

Offer to walk a neighbour's dog.

Recycle something instead of throwing it away.

Offer to help a classmate with a task.

Call or video chat with a grandparent or elderly neighbour.

Give someone a small surprise gift (like a bar of chocolate).