

4th Sunday of Easter

John 10:27-30

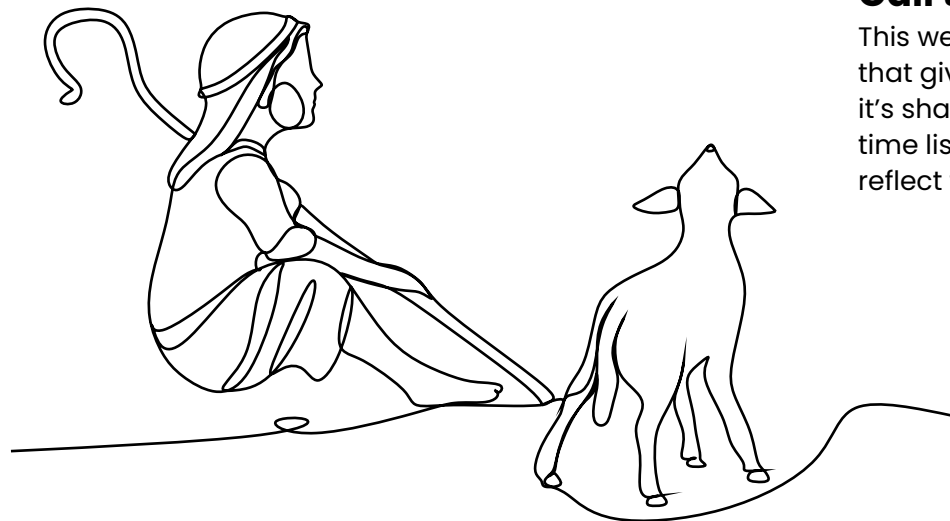
'I give eternal life to my sheep.'

At that time: Jesus said, 'My sheep hear my voice, and I know them, and they follow me. I give them eternal life, and they will never perish, and no one will snatch them out of my hand. My Father, who has given them to me, is greater than all, and no one is able to snatch them out of the Father's hand. I and the Father are one.'

Reflection

The Vincentian life is all about service—following Christ's example of love, compassion, and care for those who are most in need. St. Vincent de Paul taught us that the heart of the Gospel is to see Christ in the poor, to care for them as we would for Jesus Himself. In this way, we embody the role of the Good Shepherd, just as Christ does for each of us.

In today's Gospel, Jesus speaks of the bond between Himself and His followers: "My sheep hear my voice, and I know them, and they follow me." This is a powerful reminder that Jesus calls us personally, by name, and He offers us His protection and care. Just like a shepherd knows each of their sheep, Jesus knows us intimately and promises that no one can snatch us from His hand. He offers us eternal life, a life rooted in His love and care.



Activity

Organise or take part in an act of service that includes a meaningful conversation or a way of getting to know the person you're helping.

Ideas for Youth SVP groups:

- Chat and Cheer Visits: Spend time visiting residents in a care home or supported living facility. Ask about their childhood, hobbies, or favourite memories.
- Friendship Café: Run a pop-up café or tea afternoon at school or in the parish, where the focus is on conversation and company—not just refreshments.
- Intergenerational Interview Project: Create a short list of friendly questions and interview older parishioners, then write up or share their stories with permission.
- Pen Pal Project: Start a letter exchange with someone who may feel isolated—perhaps someone from the parish, a local care home, or SVP conference.
- Get-to-Know-You Games: If you're helping at a school or children's group, build in simple icebreakers or games that help people share more about themselves.

Call to Action

This week, take your service one step further. Organise an act of kindness that gives you the chance to truly see the person you're helping. Whether it's sharing a cup of tea, asking someone about their story, or spending time listening—make it about connection, not just action. Let your service reflect the way Christ knows and loves each of us, personally and deeply.