

6th Sunday of Easter (Year A)



John 14:15-21

'I will ask the Father, and he will give you another Helper.'

At that time: Jesus said to his disciples, 'If you love me, you will keep my commandments. And I will ask the Father, and he will give you another Helper, to be with you for ever, even the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, for he dwells with you and will be in you. 'I will not leave you as orphans; I will come to you. Yet a little while and the world will see me no more, but you will see me. Because I live, you also will live. In that day you will know that I am in my Father, and you in me, and I in you. Whoever has my commandments and keeps them, he it is who loves me. And he who loves me will be loved by my Father, and I will love him and manifest myself to him.'

Reflection

In this Gospel, Jesus gently reassures his disciples that they won't be left on their own. He promises to send the Holy Spirit (the Helper) who will stay with them and guide them, helping them to live the way he has shown. When Jesus says, "If you love me, keep my commandments," he isn't just talking about rules, but about showing love through our actions, especially in the way we treat other people. It's a reminder that we don't have to figure life out by ourselves- God is with us in every moment, even when things feel confusing or uncertain. In the Vincentian spirit of St. Vincent de Paul, we're invited to trust that presence and let it shape how we live, putting love into action in simple, everyday ways and becoming a quiet sign of God's care for others.

Materials needed

- o A6 white card
- o Coloured pencils or pens
- o Black biro or fine liner pen

Activity

Give each person a piece of A6 card and invite them to create a simple postcard with a message of hope. On the front, they can choose anything that speaks to them- a short quote, a line from Scripture, a word, or even a small drawing or symbol- and decorate it in their own style.

On the back, write a short, kind message to someone who might be feeling alone or having a tough time. Keep it simple- just a few words can make a big difference, like "You're not alone," "I'm thinking of you," or "Things can get better."

Call to Action

Jesus has not left us alone, but has given us the Holy Spirit to help us on our mission. Our mission is to tell others about Jesus. through our words or through our actions. Your card or postcard that you have made is a small way in which you can let someone know that they are not alone. Perhaps give this postcard to someone who you think needs a reminder that they are cared for.

