

SUNDAY PLUS

With words and with love

Feeling seen

By Lucy Russell

Feeling seen" means feeling recognised and accepted for who you are. The person doing the seeing understands you with little or no explanation. When we feel seen, we feel connected and remember that we are part of something much bigger than ourselves.

Thomas wasn't with his friends when Jesus visited them the first time. He missed out on seeing Jesus and on the peace, joy and reassurance Jesus gave the other disciples. They believed because they had seen. Did Thomas feel resentful because he wasn't there? "Unless I see... I will not believe".

Love is about more than words. The band Extreme sang about that: "How easy, it would be to show me how you

feel/More than words is all you have to do to make it real." Thomas wanted more than the words of his friends. Christ made the reality of his love clear, not just in words.

The accounts of the passion and resurrection which we have heard in recent weeks are very physical. Today, Jesus goes back to invite Thomas to put his hand in his side. Thomas touches Christ's wounds and recognises him.

But Thomas wasn't the only one doing the seeing. Jesus recognised what Thomas wants. It's an example of love in action. Neither Jesus nor Thomas used the words, "I love you", but that is what each was saying to the other. Did Thomas believe because he had seen Jesus? Or did he believe because he felt seen by, and connected to, the Risen Jesus?



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Peter runs to the tomb but stops at the empty tomb; Thomas has to touch the wounds on Jesus' body with his hands. On our way of faith, it is also important to know and to feel that God loves us and not to be afraid to love him. Faith is professed with the lips and with the heart, with words and with love.

Pope Francis

Healed relationships

By Krista Nelson

Peter denied Jesus three times. I've often wondered how he felt afterwards. Was he nervous to see Jesus again?

Jesus simply said, "Peace be with you". Did Peter know instantly that he was forgiven and all was well? Perhaps – he did know Jesus' teachings about forgiveness. Did he later apologise? Maybe.

Although an apology is powerful and usually necessary,

it's often not enough to heal a relationship. Sometimes only action will do. We later hear in John's Gospel that Jesus asked Peter three times if he loved him. This was not for Jesus' benefit, but to allow Peter to make amends and reverse his denial – to allow Peter to feel confident the relationship was healed.

Are you one side of a fractured relationship? Is there an action you could take today or a way you could provide an opportunity for the other person to take action to show it's healed?

Krista Nelson is a mum of four, catechist and editor.

Feast of the week

Monday 8 April


The Annunciation of the Lord

The angel Gabriel from Heaven came,
His wings as drifted snow, his eyes as flame;
"All hail," said he, "Thou lowly maiden Mary,
Most highly favoured lady," Gloria!

"For know, a blessed Mother thou shalt be,
All generations laud and honor thee,
Thy Son shall be Emmanuel, by seers foretold,
Most highly favoured lady," Gloria!

Then gentle Mary meekly bowed her head,
"To me be as it pleaseth God," she said,
"My soul shall laud and magnify his holy Name."
Most highly favoured lady, Gloria!

Traditional

Loving Lord, take my voice and make it yours. Take my hands and feet so that I can follow you. Make my life a life of love.  Amen.

Today:
Acts 4:32-35
1 John 5:1-6
John 20:19-31

Monday:
Isaiah 7:10-14; 8:10
Hebrews 10:4-10
Luke 1:26-38

Tuesday:
Acts 4:32-37
John 3:7-15

Wednesday:
Acts 5:17-26
John 3:16-21

Thursday:
Acts 5:27-33
John 3:31-36

Friday:
Acts 5:34-42
John 6:1-15

Saturday:
Acts 6:1-7
John 6:16-21

Next Sunday:
Acts 3:13-15, 17-19
1 John 2:1-5
Luke 24:35-48