

*May the  
Word of God  
Enlighten our lives*



**AVE**

**MAY 2026**



**“St. Joseph was a just man.”**  
**(Matthew 1:19).**

---

## **POPE’S PRAYER INTENTION**

**That everyone might have food.**

Let us pray that everyone, from large producers to small consumers, be committed to world wasting food, and to ensure that everyone has access to quality food.

---

**WALKING WITH THE  
RISEN LORD***Swapnil Borges, SJ***(EDITORIAL)**

The month of May gently invites us to slow down, listen, and walk more closely with the Risen Lord. We begin the month with St. Joseph the Worker, reminding us that holiness is found not only in churches, but also in classrooms, offices, fields, and homes. St. Joseph teaches us dignity of work, silent faith, and trust in God's plan even when life feels ordinary. As the month unfolds, our eyes are lifted to the sky with the Ascension of the Lord. Jesus returns to the Father, yet He does not abandon us. Instead, He entrusts us with a mission: to be His witnesses in the world. The Ascension tells us that heaven is our destination, but our task is here - now. This mission is empowered on Pentecost Sunday, when the Holy Spirit fills fearful hearts with courage. The Spirit still descends today, giving us wisdom to choose right, strength to forgive, and fire to live the Gospel joyfully. We then celebrate Our Lord Jesus Christ, the Eternal High Priest, who continues to intercede for us. Jesus bridges heaven and earth, reminding us that we are never alone in prayer or struggle. Finally, the month leads us into the mystery of The Most Holy Trinity - a communion of love. The Father, Son, and Holy Spirit invite us to live not in isolation, but in loving relationship.

May this month's reflections help us pray deeply, live simply, and love generously. Let this month be a time when God's Word becomes life in our daily living.

Joseph lived a simple life as a carpenter. He did not preach or perform miracles, yet he faithfully carried out God's will through his ordinary work. Through him, Jesus learned the dignity of labour. Joseph teaches us that work is not just a way to earn a living, but a way to serve God and others.

In the first reading from the Acts of the Apostles, St Paul proclaims that God fulfilled His promise by raising Jesus from the dead. Salvation came through God's plan, often working quietly through ordinary people and events. Joseph too was part of this hidden plan of God. He may not have spoken many words, but his obedience and trust allowed God's promise to unfold in history.

In the Gospel, Jesus is rejected in His own hometown. The people knew Him only as "the carpenter's son." Because of their familiarity, they failed to see God at work in Him. This challenges us to reflect: do we fail to recognise God's presence in ordinary people, simple work, and daily responsibilities? St Joseph helps us to see that holiness grows in silence, humility, and faithfulness.

Today, as we honour St Joseph the Worker, we pray for all workers especially those who struggle, are unemployed, or feel unnoticed. May we learn from Joseph to work honestly, patiently, and with trust in God, knowing that even our smallest efforts can glorify Him.

**Pray and practise:** Lord, teach us to value our daily work. Help us to serve You faithfully in ordinary duties and to recognise Your presence in our everyday life.

## 01 FRI (ST. JOSEPH THE WORKER)

### ST. JOSEPH FAITHFUL WORKER OF GOD

*Alan C.A.*

Acts 13:26–33

Matthew 13:54–58

*"Is not this the carpenter's son?"*

**02 SAT (ST. ATHANASIUS)  
MEETING THE FATHER  
THROUGH JESUS**

*Allwin Macwan, SJ*

Acts 13: 44-52

Jn 14: 7-14

*"I will do whatever you ask in  
my name"*

The readings complement each other about what it really means to follow Jesus in the real world. In Acts, Paul and Barnabas preach the word, and many people are drawn to it. At the same time, others feel threatened and push back. This rejection is painful, but it does not stop

God's work. Instead, the message of salvation reaches even more people. This reflects what Jesus says in John's Gospel that when people truly meet him, they meet the Father. But not everyone is ready for that truth, and it can lead to misunderstanding or rejection.

Jesus tells his disciples that believing in him means sharing in his work. The greater works he promises are not about being more powerful than Jesus, but about continuing his mission after he returns to the Father. For us in India, we face persecution for our faith in Jesus but that should not stop us from continuing His mission.

Therefore, it is a reminder to us that faith is not always easy or comfortable. As St. Athanasius taught, God became human so that we could share in God's life. That means our daily choices, struggles, and acts of love matter. Even when our faith is questioned or ignored, God is still at work through us. Like the early Church, we are called to trust, to keep going, and to believe that God can bring light and joy out of difficult moments.

**Pray and Practise:** Lord Jesus, help me to know the Father through you and give me the courage to live my faith today through one simple act of love or witness.

In the early Church, as described in the Acts of the Apostles, challenges arose even within a growing community of faith. The apostles respond not with fear but with discernment, ensuring that service and prayer go hand in hand. The choice of the seven deacons reminds us that the Church is built on shared responsibility, where each member contributes according to the gifts given by God.

### 03 SUN (SUNDAY OF EASTER TIME

#### CALLED TO BE LIVING STONES IN CHRIST

*Alphons Mathew*

Acts 6: 1–7

1 Pt 2: 4–9

Jn 14: 1–12

*“Do not let your hearts be troubled”*

In the second reading, Peter calls believers “living stones,” built into a spiritual house with Christ as the cornerstone. Our faith is not passive; it invites us to become active participants in God’s plan. In the Gospel, Jesus comforts His disciples, assuring them that He is the way, the truth, and the life. To believe in Him is to trust that our lives find meaning and direction in communion with the Father. Through Christ, we are called not only to believe but also to continue His works in the world.

These readings together invite us to examine our discipleship. Are we willing to serve with humility? Do we trust Christ enough to let go of fear and self-doubt? As living stones, our lives are meant to reflect God’s light and mercy, becoming signs of hope in a restless world.

**Pray and Practise:** Lord Jesus, strengthen our faith in You, the cornerstone of our lives. Help us to serve Your Church with generosity and courage. May we live as living stones, witnessing Your love through our words and actions, and walking always in Your way.

**04 MON**

**LOVE MANIFESTS IN ACTION**

*Antony Sebasthiraj, SJ*

Acts 14:5–18

Jn 14: 21–26

*“Those who love me will keep my word.”*

The first reading today presents a miracle performed by Paul and Barnabas as they proclaim the Good News in Lystra and Derbe. It is the healing of a crippled man. The people who witnessed this miracle tried to offer sacrifices to Paul and Barnabas, but they firmly refused, insisting that sacrifice is due only to God and not to any human being. This incident reflects the words of Jesus in the Gospel of John (14:12): “Very truly, I tell you, the one who believes in me will also do the works that I do and, in fact, will do greater works than these, because I am going to the Father.”

In the Gospel, Jesus tells us that those who love him will keep his word. Loving Jesus demands concrete action, because the love Jesus speaks of is not merely emotional but relational and practical. To love Jesus is to accept his teachings and to shape one’s life according to them. Jesus summarizes the entire Law and the Prophets in these words: “You shall love the Lord your God... and your neighbor as yourself” (Mt 22:37–40). To follow Jesus, therefore, is to love God and to love our neighbor. To be a follower of Jesus is a call to live a life of love. Let us show that we are true followers of Jesus by loving others.

**Pray and Practise:** Lord, teach us to love you through loving others. Guide us by your Spirit to live for your glory alone.

In today's first reading we have an account of the first missionary journey of St Paul. Towards the end of today's reading, we find Paul and Barnabas exhorting the disciples to persevere in faith despite persecution: "We must go through many hardships to enter the kingdom of God". Paul leads by example. In spite of the men of Lystra stoning Paul and leaving him for dead, he continues his missionary journey.

**05 TUE (ST. HILARY OF ARLES)**

**ON THE FAITH OF YOUR CHURCH GRANT US YOUR PEACE**

*Antony Thomas*

Acts 14: 19–28

John 14: 27-31a.

*"Endure hardships to enter the Kingdom of God"*

The Gospel reading today is from the Farewell discourse of Jesus at the last supper where He urges his disciples not to be afraid as he leaves for the Father (who is greater than Him), and prepares them for His departure and the coming of the "ruler of this world", emphasizing His obedience to God even in suffering. He asks them not to be troubled and promises peace, but "not as the world gives". We know what kind of peace the world gives. We are all familiar with the claims of the US President that he has established peace between nations. But his understanding of peace is nothing but cessation of hostilities. It's an armed peace. Pope Leo XIV in his address on the World Peace Day on 1 January appealed for an "unarmed and disarming" peace. His vision of peace is not rooted in secular power, but in the transformative and life-giving presence of the Risen Christ, mediated through the same Holy Spirit that He promised to His disciples.

**Pray and Practise:** Lord Jesus, look not on our sins but on the faith of your church and grant us your peace!

06 WED

**ABIDE IN CHRIST AND  
BEAR MUCH FRUIT**

*Anuj Minj, SJ*

Acts 15:1-6

John 15:1-8

*"I am the true vine"*

The resurrected Christ appeared to his disciples and many others who truly believed in Him, and He said to them, "Receive the Holy Spirit." In today's first reading, we again witness the work of the Holy Spirit through Paul and Barnabas. Certain Judeans taught that Gentiles must be circumcised to be saved. However, Paul and Barnabas came to the conclusion that salvation is based on faith in Christ, not adherence to the Mosaic law.

Today's Gospel reading shows us a powerful image of Jesus as the true vine and his followers as the branches. This passage teaches us the importance of remaining connected to Christ, as He is the source of life and spiritual nourishment. Just as a branch cannot bear fruit unless it remains attached to the vine, we cannot grow spiritually unless we abide in him. The pruning process mentioned in this passage reminds us that challenges and difficulties are often necessary for growth. God removes what is unfruitful in our lives so that we can grow in faith and purpose. When we remain in Christ through prayer, obedience, and trust, we bear fruit that brings glory to God. This passage asks us to think about our spiritual connection. Are we truly staying close to Christ? Are we allowing him to shape and refine us? Through him we find strength, purpose, and the ability to bear fruit that blesses others.

**Pray and Practise:** Lord Jesus, you are the true vine, our source of life and strength. Keep us connected to you so that we may flourish in your love and truth, our lives may reflect your grace and bring glory to your name.

It is inevitable that we make distinctions between people. We don't treat everyone equally, much as we might want to. In today's first reading, Peter declares to the leaders of the church that 'God made no distinction between them (the pagans) and us.' God had shown through the life, death and resurrection of Jesus that he was choosing everyone equally. Peter was proclaiming a God who does not discriminate. This was in keeping with the teaching of Jesus.

07 THU

## REMAIN IN MY LOVE

*Aric Makwana, SJ*

Acts 15: 7-21

John 15: 9-11

*"Remain in my love,  
that your joy might be  
complete"*

What Jesus says in his disciples in today's gospel is said to all, 'As the Father has loved me, so I have loved you'. There is no discrimination on God's side. The discrimination is on our side. Not everyone responds to the gift of God's love in the same way. Not everyone remains in the Lord's love to the same degree and each one of us does not remain in his love to the same extent in the course of our lives.

We remain in his love, Jesus says, by keeping his commandments, especially the great commandment to love one another as he has loved us. The capacity to receive the Lord's love and to reflect it in our dealings with each other is what distinguishes people, and what can distinguish different moments of our own lives. At the end of the gospel reading, Jesus assures us that in so far as we learn to receive his love and share it with others, we will come to experience something of his own joy.

**Pray and Practise:** Lord, help us remain in the love of Jesus by sharing the love we have received from Him with others.

08 FRI

## A LIVING WITNESS OF CHRIST

*Arif Beck, SJ*

Acts 15: 22-31

John 15: 12-17

*"You did not choose me but I chose you and appointed you to go and bear fruit."*

brought joy and reassurance, reminding us that faith should never be a source of fear or exclusion, but a path toward freedom and belonging.

The readings from Acts and the Gospel of John invite us to reflect on what it truly means to live in love and unity as followers of Christ. The early Church faced disagreement and confusion, yet chose dialogue, discernment, and compassion over division. The apostles did not impose unnecessary burdens but sought to encourage and bring peace to the community. Their message

This challenges us to examine how we respond when conflicts arise in our own lives. Do we listen with openness, or insist on being right? The example of the early Church calls us to choose understanding and humility, trusting that the Holy Spirit guides us toward unity when we seek the good of others.

In the Gospel, Jesus brings this message to its fullness with the command: "Love one another as I have loved you." He defines love not as a feeling but as self-giving action. By laying down His life for His friends, Jesus reveals the depth of love we are called to imitate. He calls His disciples friends, reminding us that our relationship with God is rooted in love and trust.

**Pray and practise:** Lord Jesus, fill our hearts with Your Spirit so that we may love as You love, choosing unity, humility, and peace, and help us today to live this love through reconciliation, encouragement, patience, and self-giving.

The readings today speak powerfully to our present reality. In the Acts of the Apostles, Paul follows the call of the Spirit even when the path ahead is uncertain and difficult. He goes where God sends him, not for comfort or recognition, but to serve and bring life. In the Gospel, Jesus prepares his disciples for rejection. He reminds them that faithfulness to him may sometimes bring hatred, not because of wrongdoing, but because his love challenges injustice and indifference.

This painful reality becomes clear when we remember the Christian missionary who came from Australia to serve people suffering from leprosy in Odisha and was brutally burnt alive along with his two young children. His life and death were not about power or forced conversion, but about quiet service, healing the wounded, and loving the forgotten. More recently, we have heard of a Christian pastor in Odisha being harassed, forced to chant religious slogans, and humiliated through violence.

Jesus shows us how to live through his own life and sacrifice. The Eucharist stands as the supreme example of this self-emptying love, where Christ is fully alive and present. This Eucharist calls us to one table fellowship amidst diversity. As the hymn reminds us, "They will know we are Christians by our love."

**Pray and practise:** Dear Lord, help us to listen to your Spirit in our daily choices. Give us the courage to live and spread your word in this chaotic world. As you sent Paul to those in need, make us sensitive to the neighbours around us who feel lost, rejected, or forgotten.

**09 SAT**

**GUIDED BY THE SPIRIT,  
NOT BY THE WORLD**

*Arun Prasath, SJ*

Acts 16: 1-10

John 15: 18-21

*"It is not you that they hate,  
but me before you."*

10 SUN

**FAITH SHARED SPIRIT  
RECEIVED**

*Ashish Ekka, SJ*

Acts 8:5-8, 14-17

1 Pet 3:15-18

Jn 14:15-21

*"I will ask the Father and  
he will give you another  
Advocate to be with you  
always"*

Today's readings remind us how God works in our lives through faith, hope and love. Philip went to Samaria and shared the Good News of Jesus Christ boldly. His courage opened hearts to God and people received the Holy Spirit. It manifests that faith received needs to be shared. Like Philip, we're called to share God's love not just in words, but in real actions; through kindness and care that touch lives daily.

Even a simple gesture of love can bring God's presence into someone's life.

Peter's letter strengthens us for life's rough roads. We face challenges, pain and suffering but Christ gives meaning to struggles. He suffered for us and that's how He becomes our source of profound hope and redemption. Our hurts and pains, when offered to God with open hands, become a sacred bridge to personal growth, deeper trust in divine providence and ultimate union with Him.

Jesus further comforts us, promising that the Father will send another Advocate, the Spirit of truth, to dwell with us forever. Grief, hurt or fear can darken our days, making them feel endless and lonely. Yet Jesus promises that joy will come in God's time. Our simple prayers always reach Him. Even if the answers come slowly, the Spirit holds our tears and weaves them into healing, hope and lasting peace.

**Pray and Practise:** Lord Jesus, help us love You by keeping Your commandments. Grant us grace that we may live our faith with courage, speak with gentleness and share Your hope and love with others. Amen.

Jesus promises His Spirit to us in today's Gospel. The Spirit of God is known by many names, such as the Spirit of truth, mighty wind, breath of life, gentle wind, cleansing and cooling wind, and flames of love. All these names help us understand how the Holy Spirit works in our lives.

11 MON

## THE HOLY SPIRIT IS OUR HELPER AND OUR ADVOCATE

*Ashish Kumar Digal, SJ*

Acts16:11-15

Jn15:26-16:4

*"I will send to you from the Father, the Spirit of truth"*

In both the readings, we see a close relationship between the Holy Spirit and believers. Jesus assures us that the Advocate will always be with us. The Holy Spirit stands by us, especially during times of difficulty, fear, and persecution. He gives us strength when we feel weak and courage when we are afraid to witness our faith.

The Holy Spirit opens our hearts and helps us surrender ourselves to God. This opening of the heart is God's own initiative. It enables us to listen carefully to His living Word and to understand His will like that of Lydia. In response to God's action, believers are called to live out the Word in their daily lives. Faith is not only about listening, but also about action. A heart that is touched by the Holy Spirit desires obedience and seeks to serve others. The Holy Spirit helps us to remain faithful and truthful in our words and actions. He encourages us to live with love, courage, and hope in every situation and bring glory to Him.

**Prayer and practise:** May the Lord grant us His Holy Spirit, so that we may know the truth deeply and bear witness to it through our words, deeds, and daily life.

12 TUE

**GOD'S UNEXPECTED  
INTERVENTION IN  
CRISIS**

*Sch. Avin A, SJ*

Acts 16: 22-34

John 16: 5-11

*"Believe in the Lord  
Jesus, and you will be  
saved, you and your  
household."*

There is a story about a person who was going through a lot of problems in life. A year ago, he had lost his wife. His children were very young, and their mother's death had a great impact on them. Recently, he was at risk of losing his job. One day after a hectic office schedule, he came home. That evening, an old lady who lived next door visited him. She spent time listening to him. He poured out his heart's sorrows and later

felt at ease. At night, before going to bed, he thought, "Though I did not pray for this moment, yet God took the initiative." In that moment, doors of darkness opened, chains of despair loosened, and he found courage to believe anew.

In the prison darkness, Paul and Silas chose to praise rather than complain, and God responded with an earthquake that shattered chains. Jesus, preparing his disciples for sorrow at his departure, reveals a greater truth: His going makes way for the Holy Spirit. In our own "midnight" moments amid economic strain, family pressures, or the commotion of events, the Spirit works in a similar way. What feels like loss or uncertainty becomes fertile ground for divine intervention when we trust. The same Advocate who convicted the jailer through Paul's witness convicts and comforts us today.

**Pray and Practise:** May we open our lips and souls to sing a heartfelt hymn of praise to Him, intentionally counting and cherishing each blessing we have received, so our thanksgiving rises like sweet incense, breaking every chain of fear.

In the first reading, St. Paul speaks to the people of Athens about the unknown God. The people are religious and sincere, yet their faith is confused and incomplete. Paul courageously proclaims the true God who created the world and gives life to all. He invites them to move away from ignorance and false beliefs and to turn their hearts toward God. Some people accept his message, some reject it and others want to hear more.

### 13 WED (OUR LADY OF FATHIMA)

#### THE SPIRIT OF TRUTH WILL GUIDE YOU INTO ALL TRUTH

*Balindra Malabiso, IMS*

Acts 17:15, 22–18:1

Jn 16:12–15

*"Listening to God through prayer and the Holy Spirit."*

In the Gospel, Jesus tells his disciples that they cannot understand everything at once. He promises that the Holy Spirit will guide them into all truth. Faith is not learned in a single moment, it grows slowly through listening, prayer, and trust. The Holy Spirit helps believers understand God's will and strengthens them to live according to the truth revealed by Jesus. God patiently leads his people step by step, respecting their readiness and freedom.

On this Feast of Our Lady of Fatima, Mary's message becomes clear and relevant. She appeared to simple children and called the world to prayer, repentance, and conversion. Mary listened deeply to God and trusted the guidance of the Holy Spirit. She did not draw attention to herself but always pointed people toward God and Jesus. Like St. Paul, Mary invites us to turn away from sin, fear, and indifference and to walk in God's truth.

**Pray and Practise:** Our Lady of Fatima, teach us to listen to the Holy Spirit. Help us to grow in prayer, repentance, and faith. Lead us always to your Son, Jesus.

**14 THU (ST. MATTHIAS,  
THE APOSTLE)**

**FAITHFULNESS IN THE  
SHADOWS**

*Chethan Kumar, SJ*

Acts 1:15-17, 20-26

John 15: 9-17

*"It was not you who chose me, but I who chose you and appointed you to go and bear fruit that will last."*

Modern global culture celebrates the "influencer" and the celebrity. Today, visibility is often equated with value; if you are not seen, you are often forgotten. However, the Feast of St. Matthias offers a different perspective. Matthias is the patron saint of the "Invisible Faithful." He is never mentioned before his election and is never mentioned again in the New Testament. Yet, without his presence, the circle of the Twelve would

remain incomplete.

In the First Reading, the community seeks a replacement for Judas. They look for someone who was simply "there" from the beginning—someone consistent, quiet, and loyal. Matthias was chosen not because he stood out, but because he stood firm. Matthias reminds us that God values silent service over worldly recognition. Our worth is measured by our faithfulness.

The Gospel deepens this by defining our relationship with God as friendship. This friendship does not require a stage; it requires a heart that obeys the command to love others sacrificially. Whether we are in the spotlight or working in the shadows, our call is the same: to bear fruit that lasts. Like Matthias, we are invited to fill the gaps in our world with quiet, steady love, trusting that being known by God is enough.

**Pray and Practise:** Lord, grant us the humility of St. Matthias. When we feel invisible or undervalued, remind us that you have chosen us as your friends. Strengthen us to serve without seeking praise, and help us to be the steady presence that completes your kingdom. Amen.

Jesus is risen. He is the Lord and Savior. He is the King of the universe, and Hallelujah is our song. This is the assurance of the resurrection. The assurance comes from God Himself. Following Him invites many challenges and struggles. But the assurance remains. As we see in the first reading, God assures Paul not to withhold his peace, but to preach the Gospel everywhere. Whatever the struggles and difficulties, God always accompanies us.

15 FRI

## GOD IS PRESENT WITH US

*Darshan Kumar, SJ*

Acts 18: 9-18

Jn 16: 20-23

*"I am with you, and no one will lay a hand on you."*

In the Gospel too, Jesus makes it clear that following Him is not an easy path, but a challenging one. It invites many enemies of the world. Yet the assurance from God remains for each and every one of us, that He is with us till the end. His assurance encourages us to become witnesses of His resurrection. Take a moment to look around us. How many laugh at us as followers of Jesus? How many oppose us? This is not a new phenomenon. Jesus Himself was ridiculed, persecuted, and put to death. Even after His resurrection, the apostles and early Christians were martyred for being His witnesses. This has continued through the ages until today. But Jesus assures that our pain will turn into joy. Let this assurance of the risen Savior be our strength.

**Pray and Practise:** Lord, you are the king of the universe. We pray for the gift of courage and boldness to live as your witnesses in daily life. May we feel your presence deep within us. Help us to let go of worldly desires, in order to gain eternal life in Jesus Christ. Amen.

16 SAT

**FROM PARTIAL KNOWING  
TO FULL FAITH**

*Delphina George*

Acts 18: 23-28

Jn 16: 23b-28

*“Ask and you will receive,  
so that your joy may be  
complete.”*

being led gently by God into deeper truth. Both readings invite us to a deeper realization that we do not need to know God fully to love Him. This is not a failure of faith, but a human way of growing in relationship with God.

The lesson for us is simple and challenging: God asks us to remain humble and open. Often, we are confident in our beliefs, our experiences, and our way of seeing God. Yet growth happens only when we allow ourselves to be taught, corrected, and led. True faith is not about proving that we know everything, but about trusting God enough. Jesus reminds us that a deeper relationship with the Father comes through him, not through our own certainty. When we accept that our faith is still unfolding, our prayer becomes more honest and our witness more real. Moving from partial knowing to deeper faith requires allowing Christ to shape us again and again, so that our lives speak less of our own understanding and more of God's truth and love.

**Pray and Practise:** Lord Jesus, we come to you with sincere hearts. Lead us to the fullness of faith. Teach us to listen, to learn, and to trust you.

Today's readings invite us to reflect on our journey of faith. They remind us that loving God sincerely does not always mean understanding Him fully. Both Apollos in the Acts of the Apostles and the disciples in the Gospel are people of faith, yet they are still growing, learning, and

When a child imitates a parent by speaking like them, acting like them, people say, "He is just like his father or mother." Today, on the Feast of the Ascension, Jesus invites us to live in such a way that people may recognize Him in us and say, "They truly live like Christ."

In the first reading, the disciples watch Jesus ascend into heaven. They are still looking up when they are reminded that this is not the time to stand and stare. Their task is to live and speak about what they have seen and experienced. In the second reading, Saint Paul prays that our hearts may be enlightened so that we may know the hope to which God has called us. Jesus is exalted above all powers, yet His power is not distant. This assures us that we are not alone in our mission. We witness not by our own strength, but by the power of Christ alive in the Church.

In the Gospel, Jesus sends His disciples to all nations and promises to remain with them always. To be a witness does not mean doing extraordinary things. It means living ordinary life with faith, love, forgiveness, and honesty. When our words match our actions, Christ becomes visible through us. The Ascension calls us not to look only towards heaven, but to live as true witnesses of the Risen Lord.

**Pray and Practise:** Lord Jesus, help us to live in such a way that others may see you in us. Give us courage to be your witnesses in our daily life.

## 17 SUN (ASCENSION OF THE LORD)

### SENT TO BE HIS WITNESSES

*Deslon Vaz, SJ*

Acts 1:1–11

Eph 1:17–23

Mt 28:16–20

*"You will be my witnesses to the ends of the earth."*

**18 MON (ST. JOHN I)**  
**BOLD AND PEACEFUL**  
**IN CHRIST'S SPIRIT**

*Elson Lobo, SJ*

Acts 19: 1-8

John 16: 29-33

*"True peace isn't freedom from trouble, but Christ's presence within it."*

changes. They begin speaking boldly, prophesying, engaging the world with newfound courage. This is the same Spirit Jesus promised would sustain his scattered, frightened disciples after his departure.

There's something beautifully paradoxical in today's readings. Jesus tells his disciples, "In this world you will have trouble," yet in the same breath offers them peace. How can we experience both simultaneously? The answer lies in the Holy Spirit. In Acts, Paul encounters believers who had never received the Spirit, and when they do, everything

We often imagine peace as quiet withdrawal from life's battles, a retreat into safety. But biblical peace is different, it's a deep confidence that allows us to step forward boldly even when troubles surround us. Like Paul entering the synagogue to speak courageously for three months, or the disciples eventually becoming fearless witnesses, we too can face our daily challenges without being overwhelmed. The Spirit doesn't remove our problems but transforms how we meet them. At work, in difficult conversations, amid family tensions or uncertain futures, we can be both honest about the struggles and unshaken in our foundation.

When we feel inadequate or afraid, the same Spirit that emboldened those early believers is available to us today, making us both peaceful in heart and bold in living out our faith.

**Pray and Practise:** Lord Jesus, you are the Prince of Peace who strengthens and emboldens us. When faced with troubles or uncertainties in our lives, fill us with peace and courage of Holy Spirit so that we may face each day with confidence in your overwhelming presence.

Today's readings show us how Jesus and Paul fulfilled the mission given to them by God. In their lives we see commitment, honesty, faithfulness, and a willingness to sacrifice. Their only desire was to give glory to the Father.

Both Jesus and Paul

speak words of farewell, knowing that their time has come and that their work of making God's truth and love known to the world is complete. Jesus understood that trials are part of life, and Paul followed the same path. Instead of giving up, they remained focused on their purpose. They dedicated their lives to a higher calling, revealing God through their words and actions. Jesus knew that true glory comes from doing the Father's will, even in the face of danger and rejection. This teaches us to stand for the truth and to be ready to sacrifice for the Church and for those entrusted to us.

Jesus also knew the strength of prayer. That is why he prayed for his followers, asking that all may be one. Knowing that his absence would bring fear and uncertainty, he placed us in the loving care of the Father. Jesus' mission was to give eternal life, life lived with God, in God, and for God. As we live each day, let us reflect on the work God has given us. Are we faithful like Paul in our daily duties? Do our actions give glory to God?

**Prayer and Practise:** Lord, give us the grace to remain close to you and to be faithful to your mission.

**19 TUE**

## **PRAYER THE SOURCE OF LIFE**

*Sr. Esther Dungdung, SCCG)*

Acts 20:17-27

Jn 17:1-11

*"...that they may be one as we are one."*

**20 WED (ST. BERNARDINE OF SIENA)**

**CHRISTIANS WILL BE TESTED**

*Francis Garngmei, SJ*

Acts 20:28-38

Jn 17:11b-19

*"Holy Father, Protect them in your name."*

Both the readings highlight the theme of "Watch out." In the first reading, St. Paul addresses the elders of the church at Ephesus, knowing fully aware that he won't be able to see them again. In his address, he warned them to keep watch

over themselves and over all the flock as a shepherd would watch over his/her flock. He foresaw oppositions, persecutions, and false teachers who would persuade others to believe contrary to the Gospel he preached. He exhorts them to remain steadfast and true to the teaching of the growing church, as the church has been obtained with the blood of his own Son. In the Gospel, we see the Last Supper scene, where Jesus, knowing that his time on earth and with his disciples is coming to an end, prays for his disciples. He prays to his father to protect, guard, and sanctify them so that they are not lost, as they did not belong to the world.

Today's readings remind us of the adage: we should not abandon our beliefs simply because circumstances become difficult. C.S. Lewis, in his book "Mere Christianity," said, "We must learn to hold on to what we have learned in the light, even when the darkness seems to obscure it." In the farewell messages, we are urged to "watch out" and not be surprised when opposition, heresies, and persecution test our faith. At times, we are challenged to guide ourselves. We are called to examine our lives and ask, "How will I live out and safeguard my faith?"

**Pray and Practise:** Lord, grant me the grace to remain ever faithful to you.

Our world is deeply marked by religious conflicts, political control, and division. In this context, Jesus's prayer for unity becomes profoundly meaningful. Jesus prays not only for his immediate disciples but also those who would come to believe

in him through their word. Jesus' heartfelt desire is that all may be one, just as he is one with the Father. This unity is not based on power, but on love, trust and deep relationship with God. When we live in unity, we become a visible sign of God's love and a true witness that Jesus was sent by the Father. Jesus speaks of glory which is shown through love, self-giving and communion. To share in God's glory means to know that we are deeply loved by God and that we belong to him. Jesus' prayer confronts us with an important question: How do we promote unity in our daily lives?

The first reading shows us how difficult this unity can be in real life. Paul stands before a divided Jewish council between the Pharisees and Sadducees, yet he remains faithful to his belief and mission. In the midst of conflict and fear the Lord stands by him and gives him courage. This assures us that God is present with us in our struggles and strengthens us to remain faithful. Jesus invites us to choose understanding over judgement, forgiveness over resentment, peace over conflict, and love over selfishness.

**Pray and practise:** Lord, grant us the grace to remain united in heart and mind in every situation. Strengthen us to live in love and carry out our mission faithfully in the world.

21 THU

## CALLED TO UNITY

*Sr. Halena Baskey SCCG*

Acts 22: 30; 23:6-11

Jn 17: 20-26

*"...world may believe that you have sent me".*

**22 FRI**  
**LOVE SHOWN IN**  
**SERVICE**

*Janil P J*

Acts 25:13 – 21  
JN 21:15–19

*“Do you love me?”*

In today’s Gospel, Jesus asks Peter a simple but deep question: “Do you love me?” Jesus asks this three times, not to punish Peter for his past denial, but to heal him and trust him again. Each time Peter answers, Jesus gives him a task: “Feed my lambs” and “Take care of my sheep.”

This shows that loving Jesus is not only about feelings or words, but about caring for others. True love is shown through service and responsibility.

In the first reading, Paul stands before King Agrippa. Even though he is in prison, Paul remains calm and truthful. He does not complain or try to escape his duty. Instead, he stays faithful to the mission God has given him. Paul teaches us that following God may bring difficulties, but faith gives us strength and peace even in hard situations.

Both readings remind us that faith is lived through actions. Peter is asked to lead and care for the community. Paul continues to witness to the truth despite suffering. As followers of Jesus, we are called to show our love by helping others, staying faithful in difficult times and living honestly. When we love Jesus truly, it will be seen in the way we live and serve others every day.

**Pray and practise:** Lord Jesus, help us to love you through our actions. Teach us to serve others with care and to remain faithful even when life is difficult. Amen.

Have we ever followed Jesus faithfully, yet secretly wondered why another seems more blessed, more loved, or less burdened? Have we asked, perhaps quietly, “Lord, what about him... what about her?” Today’s Gospel invites us to face this question honestly.

Peter’s words reveal a struggle that lives in every disciple: the temptation to compare our journey with that of others. Having just received a demanding call, Peter looks sideways, wondering whether the beloved disciple will be spared the cost he himself must bear.

Jesus does not deny God’s generosity to others; instead, he redirects Peter’s gaze: “What is that to you? Follow me.” In these words, Jesus reminds us that God’s grace is not measured equally but given wisely and personally. Envy arises not because God gives too little, but because we forget that his generosity is unique to each person. Every disciple is given a different cup—not to compare, but to drink faithfully. True discipleship begins when we stop watching how God fills another’s cup and start trusting the one placed in our own hands.

**Pray and Practise:** Lord Jesus, help us stop measuring our journey against others and instead follow you faithfully, drinking the cup you place in our hands, confident that your love is neither unfair nor incomplete but perfectly given to each of us.

23 SAT

## DON'T BE ENVIOUS OF GOD GENEROSITY

*Jestin Thomas*

Acts 28:16-20, 30-31

Jn 21:20-25

*“Everyone has their own  
cup of tea “*

## 24 SUN (PENTECOST SOLEMNITY)

### THE HOLY SPIRIT GIVES LIFE AND UNITY

*John Emmanuvel*

Gen: 11:1–9

Rom 8:22–27

Jn 7:37–39

*“Out of the believer’s heart shall flow rivers of living water.”*

In the first reading, we hear the story of the Tower of Babel. People wanted to become great by their own power and forgot God. Because of pride, they were divided and could not understand one another. This story shows what happens when we depend only on ourselves. Pentecost is God’s answer to Babel. Through the Holy Spirit, God brings people together and creates unity among different languages, cultures, and hearts.

In the second reading, St. Paul speaks about the suffering of the whole creation. Human life is full of pain, weakness, and confusion. Many times, we do not know how to pray or what to ask from God. At such moments, the Holy Spirit helps us. The Spirit prays within us and gives us strength to go forward. Even when life is difficult, the Spirit fills us with hope and reminds us that God is close to us.

In the Gospel, Jesus invites all who are thirsty to come to Him. He promises the Holy Spirit as living water flowing from within. This living water gives new life, joy, and courage. Filled with the Spirit, we are called to spread love, peace, and unity in our families, communities, and society. Pentecost invites us to open our hearts and allow the Holy Spirit to guide our words and actions.

**Pray and Practise:** Come, Holy Spirit, fill our hearts with your presence. Heal our divisions, strengthen our faith, and help us to live as instruments of your love and peace.

"Teacher, what must I do to inherit the eternal life?" Jesus said, Go and sell all that you have and give the money to the Poor, and then you will find the real treasure in heaven. When he heard this, the rich man went away sad. Like the rich man, we sincerely desire to follow Christ, to love Him deeply, and to walk closely in His ways.

Yet, at the same time, we cling tightly to our comforts, securities, and personal interests. We often forget Jesus' warning that we cannot serve two masters. While it is easy to profess our love for Christ and admire His teachings, it is far more difficult to live them out in our daily lives with consistency and courage.

In today's context, wealth in itself is not the sole obstacle to entering the Kingdom of God. Rather, it is our attitude toward wealth and, more importantly, our behaviour toward others that become the true hindrances. A rich person can indeed enter the Kingdom, but not one who nurtures hatred, sows division, and reaps violence and enmity. Eternal life demands a heart purified from jealousy, pride, envy, and all forms of evil.

When we consciously remove these impurities from our hearts, we become worthy servants of God - free, humble, and ready to follow in His footsteps. Such a life leads us to the true and everlasting treasure, where eternal joy and communion with God await us.

**Pray and Practise:** We pray that God may grant us hearts purified of jealousy, pride, envy, and hatred, and transform us into humble and faithful servants, worthy to enter into the Kingdom of God.

25 MON

## AN EVERLASTING TREASURE

*Johnson K, SJ*

1 Pet 1:3-9

Mk 10:17-27

*"Who then can be saved?"*

**26 TUE**  
**CALLED TO HOLY**  
**LIVING**

*Johnson P. Dominic*

1 Pt 1:10–16

Mk 10:28–31

*“Be holy, for I am holy.”*

In the first reading, St Peter reminds us that God has chosen us to live a holy life. This holiness is not about being perfect, but about shaping our thoughts, actions, and choices according to God’s will. God asks us to be different from the world, not by escaping from it, but by living with faith, obedience, and hope.

St Peter also encourages us to leave behind our old ways of life and to live as God’s children. Our faith is a gift, but it also demands responsibility. When we truly believe in Christ, our life should reflect that belief. Holiness begins in small things honesty, forgiveness, patience, and love in daily life. It is a gradual journey where we grow closer to God each day.

In the Gospel, Peter reminds Jesus that the disciples have left everything to follow Him. Jesus assures them that no sacrifice made for His sake will go unrewarded. Yet, He also reminds them that following Him includes challenges, struggles, and even suffering. True discipleship is not about worldly success, but about trusting God completely. What we give up for Christ is never lost; it is transformed into a richer and deeper life.

These readings invite us to examine our priorities. Are we willing to let go of comforts, habits, or attachments that keep us away from God? Holiness demands courage and trust. When we place God first, He fills our lives with meaning, peace, and lasting joy.

**Pray and practise:** Lord, give us the grace to follow You faithfully, even when it is difficult, trusting that You will always guide and reward us.

The First reading reminds us of something we often forget that our worth does not come from what we achieve, earn, or prove. We live in a world where value is measured by success, position, and recognition. Yet Peter tells us that we have already been redeemed not by anything perishable, but by the precious blood of Christ.

This truth invites us to pause and ask ourselves: If I am already loved and redeemed, why do I live as though I must constantly compete, impress, or compare myself with others?

In the Gospel, Jesus walks toward Jerusalem, fully aware of the suffering that awaits him. While he speaks about the cross, the disciples are preoccupied with power and status. Their struggle feels very human. Like them, we often desire security, control, and recognition. Even in our service, there can be a hidden desire to be seen, appreciated, or placed above others. Jesus does not shame the disciples; instead, he patiently reshapes their understanding of greatness. True greatness, he says, is found not in being served, but in serving.

These readings reflect our daily struggles such as workplace competition, family tensions, the need to prove ourselves, and the fear of being overlooked. Jesus invites us to live differently: rooted in humble service and love. Remembering we are redeemed, frees us to love sincerely, serve quietly, and live truthfully.

**Pray and Practise:** Lord, in a world that pushes me to seek power and recognition, remind me that I am already redeemed. Free my heart from false ambitions, and teach me to serve others with humility, love, and quiet faithfulness.

**27 WED**

**REDEEMED TO LIVE AND  
SERVE DIFFERENTLY**

*Joyson R., SJ*

1 Pet 1:18–25

Mk 10:32–45

*“You were ransomed...  
with the precious blood of  
Christ.”*

28 THU

**THE CALL TO SEE  
AND LIVE AS GOD'S  
CHOSEN PEOPLE**

*Justin Pazhayedath*

1 Pet 2:2–5, 9–12

Mk 10:46–52

*“Your faith has made  
you well”*

In the first reading, St Peter tells us that we are a chosen race, a royal priesthood, and a holy nation. We are called to be living stones, built into a spiritual house. This dignity is not just a title but a responsibility. Our daily life should reflect God's goodness so that others may see His light through our actions. Faith is meant to shape the way we live, speak, and relate with others.

In the Gospel, we meet Bartimaeus, a blind beggar sitting by the roadside. Aware of his need, he cries out to Jesus with faith and courage. Even when the crowd tries to silence him, he does not give up. When Jesus calls him, Bartimaeus throws away his cloak and comes forward in trust. His faith opens his eyes and transforms his life. Bartimaeus teaches us that true faith requires persistence, humility, and readiness to let go.

Like Bartimaeus, we too experience blindness not of the eyes, but of the heart. Fear, comfort, sin, or the opinions of others can prevent us from seeing clearly. Yet Jesus continues to pass by our lives, calling us and asking what we truly desire. When we respond with faith, we are healed and sent to walk in His light.

**Pray and Practise:** Lord Jesus, open our eyes to see your will clearly. Help us live as your chosen people and follow you with faith and courage. May our lives reflect your love and truth.

Today we are reminded that time is precious and that our life of faith calls us to attentiveness and love. Faith is not meant to remain only at the level of words or emotions. It requires awareness of God's presence in daily life and a willingness to respond with trust and obedience. True faith is not lived only in comfort; it is tested and strengthened in difficulty.

When we struggle to trust God, fear and uncertainty may arise, yet these moments become opportunities for growth. Embraced with faith, even suffering gains meaning and helps us mature.

We are also invited to examine the authenticity of our faith. A life that shows outward signs of religiosity but lacks love and forgiveness is empty. External practices have value only when they reflect inner transformation. Prayer and religious observances must flow from a sincere heart that truly seeks God. Faith that does not lead to conversion of heart and concrete action becomes shallow and lifeless. God desires a living faith rooted in trust, filled with love, and expressed through mercy and genuine relationships.

This call urges us to reflect on our daily choices and ask whether our faith bears fruit. Living faith is nourished by prayer and revealed through loving action. It grows when we choose humility over pride and service over self-interest, becoming a quiet yet powerful witness to God's presence.

**Pray and practise:** Lord, strengthen us to trust you in all situations and forgive from the heart. May our lives reflect your love each day.

**29 FRI**

## **A FAITH THAT BEARS FRUIT**

*Klintan S, IVD*

1 Pet 4:7–13

Mk 11:11–26

*"Faith becomes real when it is lived with sincerity and courage."*

**30 SAT**

**FAITH THAT STANDS FIRM**

*Kulandai Antony, IVD*

Jude 1:17,20-25

Mark 11: 27-33

*"Build yourselves up on your most holy faith"*

"Take the first step in faith. You don't have to see the whole staircase. Just take the first step" states Martin Luther King Jr. In the first reading St. Jude invites us for active building of our faith and praying in the holy spirit. Building faith

is not seeing the whole staircase but the step-in front of you. Even when we feel that the step ahead is not visible, remember the psalmist who encourages us saying "Even though, I walk through the darkest valley, I fear no evil; for you are with me" (23:4). Faith needs to be nourished so that it does not become a dead one. It can be done through prayer, reception of sacraments and faith sharing. Bernard Lonergan says that it is not the theologians who will reform the church but the saints. The saints are exceptionally known for their faith and first reading is no wonder why it asks us to build on those clouds of witnesses without neglecting the love for our neighbours.

In the Gospel, Jesus was confronted by Jewish leaders who question His authority. Their hesitation to answer Jesus' question shows that they were more concerned with public approval than truth. Jesus teaches that he does not need a written law to approve his authority. His own works testify to his authority and truth.

**Pray and Practise:** Lord Jesus, fill us with the grace to build up our faith day by day in you. May the holy spirit enkindle our hearts to keep our faith firm and alive.

Today we are invited into the mystery of the Trinity, three persons in one God. In history, the Church has always insisted on the truth that God is not a monolithic, rather a community of persons bound together in mutual love. When our nuclear families operate as God first planned, we get a glimpse of what life in the Trinity must be like. The Sacrament of Baptism invites us to enter ever more deeply into the Trinitarian life.

This invitation challenges us to share in the Father's creative ways, the Son's redeeming ways, the Spirit's sanctifying ways.

Our relationship with God is distinctly painted in the first reading from Exodus where God communicates to Moses as the God of mercy and kindness. St. Paul in the Second reading says, "Put things in order, listen to my appeal, agree with one another, live in peace; and the God of love and peace will be with you." The Trinity is not an abstract theology; it is grace experienced, lived within the Christian community. The gospel reveals the deepest truth of the Trinity: God so loved the world that He gave His only Son, not to condemn, but to save. Thus, the Trinity shows us who God is and who we are called to be as people shaped by love, mercy, and communion.

**Pray and Practise:** O Most Holy Trinity, teach us to live in unity and peace with one another. May our lives reflect the love we have received, so that we may not judge or condemn, but become instruments of Your love in the world.

## 31 SUN (MOST HOLY TRINITY)

### LOVE REVEALED AS TRINITY

*Lawrens Kerketta, SJ*

Ex 34:4b-6,8-9

2Cor 13:11-13

Jn 3:16-18

*"The Holy Trinity reveals that God is power not in isolation, but love in communion"*



**Jesus says for Mary, “Woman, behold, your son,” and to John “Behold, your Mother.”**

**Jn. 19: 25-27**

**(It is interpreted as “Mary becoming the spiritual mother of all believers.”)**

## **COVER**

The Holy Spirit, the all pervading presence of God in Jesus Christ, is symbolised by the dove. The Spirit envelops the entire world with God's grace and action. May the Spirit guide us in our experience of the Divine, enlighten our lives through daily reflection on the Scriptures — the 'AVE'.



## **EDITORIAL BOARD**

Allwin Macwan, SJ, (Chief Editor)

Aric Makwana, SJ, (Coordinator)

E-mail: [avevidyajyoti@gmail.com](mailto:avevidyajyoti@gmail.com)

## **SUB. EDITORS :**

Deepak Jans, SJ, Albert Angenish T., Anjo Thomas, SJ, Jokim Nongkhlaw, SJ, Prosenjit Gomes, SJ, Joshua D'souza, SJ, Swapnil Borges, SJ, Jobin Sebastian, SJ.

**STAFF GUIDE :** Fr. Stanislaus Alla, SJ

## **VIDYAJYOTI COLLEGE OF THEOLOGY**

23, Raj Niwas Marg, Delhi 110054

**(N.B. Please don't send subscription to this address)**

## **SUBSCRIPTIONS**

Cost per issue: Rs. 15.00

Yearly subscription: Rs. 180.00

**(N.B. Yearly Subscription should be sent  
in the name of XAVIER PUBLICATIONS, RANCHI)**

## **PRINTER & PUBLISHER**

Fr. Sibill J. Horo, SJ

## **XAVIER PUBLICATIONS**

Karbala Tank Road, PB 8,

P.O. & Dt. Ranchi 834 001, Jharkhand.

Tel: (0651) 2350417, Mobile: 7070457238

E-mail: [xp\\_ranchi@yahoo.in](mailto:xp_ranchi@yahoo.in)

