

[Our Work](#)[Donate](#)[Get involved](#)

Based on the gospel for Sunday 19 April, Third Sunday of Easter: Luke 24:12-35

"He was known to them in the breaking of the bread."

How often are we so caught up in our lives that we fail to see what is staring us in the face? Even simple everyday things can bemuse us - where did I leave my keys, where are my glasses? We spend so much time fretting about the future or caught up in the past, that we just can't see the grace touched gifts of the present.

For sure, the journey back to Emmaus begins with the sense of loss, bewilderment and confusion. While this may have contributed to the inability of the two to see and recognise their Risen Lord, perhaps Jesus remained hidden by his own design. As a teacher and story-teller, he had the wonderful opportunity to enlighten Cleopas and his friend.

Is it the case that our moments of struggle and hardship are indeed the opportunities we have for spiritual growth? We search for answers and understanding. Unknowingly, we are blessed with the presence of our Lord, who holds back from fully revealing himself, to allow us the chance to stop, take stock and grow.

Our Lord's journey to the cross begins with the breaking of the bread at the Last Supper. This journey to Emmaus ends with this glorious Eucharistic revelation. In his humanity, Jesus experienced it all - betrayal, hatred, pain, and loss - transforming that suffering into a glorious resurrection and calling us to be agents of that same transformation in a hurting world.

Prayer

Bishop John Arnold's simple prayer:

We pray in faith. Stay with us Lord on our journey.

Amen.



Easter in the dark

As Eastertide continues, read our blog reflecting on how we can live in the hope of the resurrection when faced with a world that feels increasingly fractured.

[Read more](#)



Prayers for peace

Join us in prayer for peace for all those facing violence and conflict in our world.

[Explore peace prayers](#)



Help families in Sudan

Donate today to help families affected by the ongoing war in Sudan - with food, water and vital support.

Please donate today

This reflection was written by Damian Harrison, a CAFOD volunteer.

♥ You make our ongoing work possible

To fund the vital lifesaving work we do across the world, we rely on the generosity of our supporters. If you can, please consider **donating £2 a month**. It really makes all the difference and will only take a short moment of your time. Thank you.



This CAFOD email includes weekly reflections on a gospel passage. To ensure your email newsletter reaches you every time, add news@email.cafod.org.uk to your address book or contacts list. We protect your privacy and don't share personal data with third parties. **Read our privacy notice.**

The Catholic Agency for Overseas Development (CAFOD) is the official aid agency of the Catholic Church in England and Wales and part of Caritas International. Charity no 1160384 and company no 09387398.

© CAFOD 2026

If you don't wish to hear from us any more, we're sorry to see you go, but you can **unsubscribe**.

**Catholic Agency for Overseas Development,
Romero House, 55 Westminster Bridge Road,
London,
SE1 7JB**