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Based on the gospel for Sunday 15 May, Fifth Sunday of Easter: John 13:31-35

"Love one another just as I have loved you."

In John's Gospel account of the Last Supper, Jesus gives us a new commandment: we are to "love one another" in the same way that Jesus loved us. It will be by the way that we show love that we will be recognised as his disciples.

One of the ways in which we can answer this call is through acts of charity, such as by making a donation. However, we should be mindful of what St Paul says in 1 Corinthians 13: "though I should give away to the poor all that I possess.... if I am without love, it will do me no good whatever."

There is more to love than just giving money. We need to enter into relationship, stand in solidarity with and empathise with the situation of our sisters and brothers throughout the world if we are to truly love them.

By finding out more about the lives, hopes and dreams of people, by listening to their voices and learning what it is like to be in their shoes, and by praying for them, we can start to build that relationship of love and fulfil Jesus' commandment.

God of love,
empower us with your grace
so that recognising all people as our kin,
made in your image and likeness,
we may follow your Son's example in loving one another.
Amen.



Food and farming in the Bible

Read our blog about how some of the issues with the food and farming systems in biblical times still resonate today.

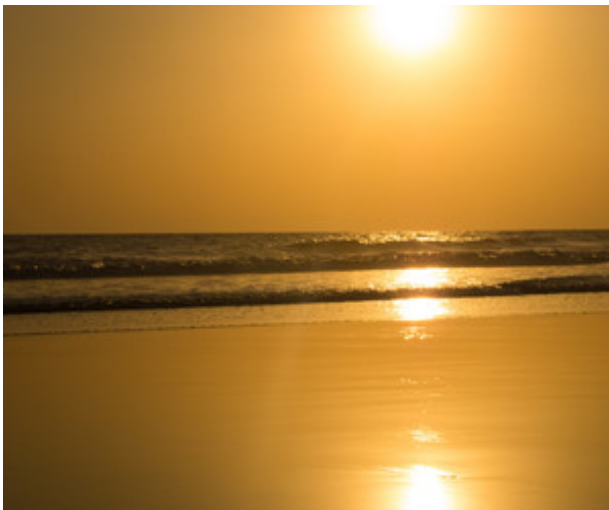
[Read more](#)



Fix the food system

The UK government must implement its COP26 commitments. Will you email the Foreign Secretary, Liz Truss, today?

[Take action](#)



Rosary for an end to hunger

Reflect on these luminous mysteries of the rosary as we seek to show our love for others and tackle the causes of hunger.

[Pray with us](#)

This reflection and prayer were written by Sue Cooper, a CAFOD volunteer from Corpus Christi parish in Wokingham.



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