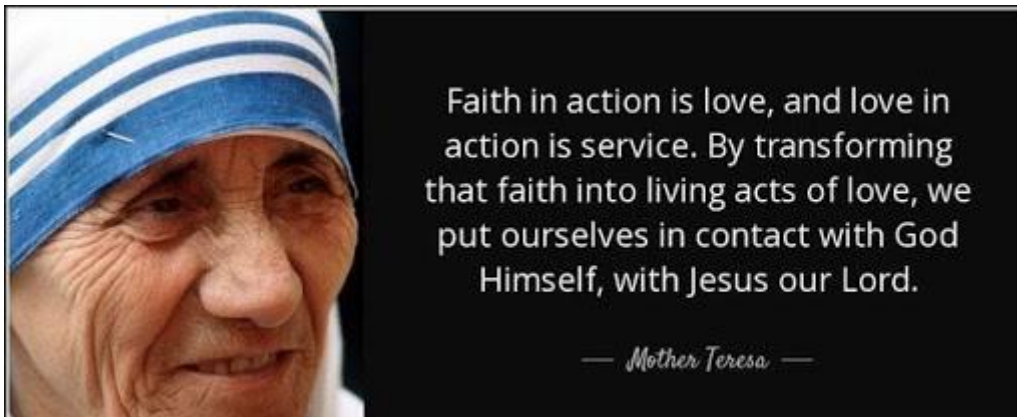


In our second reading today, St Paul starts his letter to the Thessalonians in the same way that he starts other letters. He wishes them grace and peace and says that they are in his prayers and that he thanks God for them. He speaks of three of the actions of the Christian community in Thessalonika which we can reflect on in our present time. Paul says,

“We constantly remember how you have shown your faith in action.”



This week we ask ourselves,

“How have I shown my Faith in Action and how can I do this in the coming week?”

“How could I strengthen my faith by my actions?”

...at home...in my school or workplace...amongst my friends and neighbours...in the world

Mother Teresa often said, “We can do no **great things**, only **small things with great love.**” Let us commit ourselves to those small acts of kindness which speak to others of our faith in God.

“We constantly remember how you have worked for love.”



Pope Francis

Tenderness is love that draws near and becomes real. A movement that starts from our heart and reaches the eyes, the ears and the hands. Tenderness is the path of choice for the strongest, most courageous men and women. [#FratelliTutti](#)

This beautiful quote from Pope Francis not only encourages us to choose the path of tenderness, but allows us to acknowledge the tenderness of God in our lives. At this moment, when masks and visors can be a barrier to communication, our eyes become, even more so than before, the windows of our soul. Let us, as Pope Francis says, be courageous men and women, bringing great tenderness into our world.

“We constantly remember how you have persevered through hope.”

"You may not always have a comfortable life, and you will not always be able to solve all of the world's problems at once, but don't ever underestimate the importance you can have. Because history has shown us that courage can be contagious, and hope can take on a life of its own."

—
MICHELLE OBAMA

All the uncertainties and conflicting messages around Covid-19 do not make for a comfortable existence for any of us. But we need to persevere and show that we are people of hope. We are an Easter people who believe that everything we do is an act of hope, hope in a better tomorrow, hope for the future of all people.



And so, St Paul ends today's reading with these words:

“We know that God loves you and that you have been chosen, because when we brought the Good News to you, it came to you not only as words, but as power and as the Holy Spirit and as utter conviction.”

May we all say AMEN to that.