

### Third Sunday of Easter2018

My beloved brothers and sisters, one of the common factors of the all of the Easter Gospels is how many times Jesus greets His apostles and disciples with the word: **Peace**. The word that He uses, is: Shalom! It means the Peace and Blessing that only come from God! We constantly hear these words in the Mass and in all of the Church's Sacraments and Liturgical celebrations. In our time, I do believe it is one of the most necessary blessings we can receive from the Lord, peace in our hearts, minds and souls. This is one of the great gifts that Jesus, Risen from the Dead, wants to give us!

But the reality is, that so many people's lives are filled with fear and anxiety today. Even many good, practicing Catholics are filled with a sense of dread and deep fear thinking about the moment they will stand before God in judgement in their death! This fear does not come from Jesus! It come from the devil who wants to lead us into despair and hopelessness!

The Risen Lord Jesus and His Sacraments are the antidote to fear and hopelessness! Jesus gives us His peace, because He knows that we so desperately need it! Jesus is not a ghost, He is the Life-giver, He is real, and that is who stands in front of the Disciples, even after appearing to them, now, three times, (and yet, they are still afraid, they still can't come to grips with His Resurrection, it still seems too good to be true!). Jesus is still our antidote to this systemic disease of fear, stress, anxiety, and the hopelessness of modern society. Jesus still declares to us: "I am not a ghost. I am real. I am still with you in my Church, in my Sacraments, and in prayer! I will never leave you alone, even when you have left me alone!" As our friendship with Jesus grows deeper through prayer and the Sacraments, especially Eucharist and in Confession, we become gradually, more and more healed of these diseases of the soul and spirit!

First, Jesus is peace for our minds: that is why He calls us to "believe in me!", to stake our lives upon His Divine Promises and His presence to us! Second, Jesus shows us that He is real. His wounds remain open, because they are the open doors to His infinite Divine Mercy for each of us and for any sinner who is willing to let Jesus heal them! His suffering, death and Resurrection were not just a

dream, it really happened, and in spite of all of the betrayal of His disciples, His response to all of us remains the same: "Shalom!". Thirdly, Jesus still appears to us every day, in the Eucharist! The reason that He disappears from the sight of the two disciples at Emmaus, is because He has just given them His Body and Blood, which is an even greater gift than His physical appearance, His physical Body cannot feed them with His very self- the Body, Blood, Soul and Divinity in our Holy Communion, not only continues His saving Death and Resurrection amongst us; it is the Divine Medicine that fully unites us with Himself, so that become what we eat: The Body of Christ. It is by these three things, that we can Know His Peace: we are infinitely loved, and infinitely forgiven, there is no personal hell, no personal darkness, no personal sin, so great that He cannot come into it and find me and bring me His peace!