

## Third Sunday of Easter

Year B

Acts 3:13-15, 17-19

Ps 4:2, 4, 7-8, 9

I Jn 2:1-5a

Lk 24:35-48

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During these Easter days of Spring, we celebrate transformation, the Resurrection experience. The fact of the Resurrection is the one tenet of our Faith that makes us different from every other religion in the world. We believe that through Jesus Christ we can change death to life, darkness to life, despair to hope.

Today's Gospel gives us an insight into the essence of the Christian life. When we share the tradition of the life of Christ and how He touches us and has made a difference in our life with others, something powerful happens: Christ becomes present again in this sharing of the personal experience with fellow Christians. In order to concretize this reality today's Gospel speaks of the tangibility of Jesus even sharing a meal in his resurrected state of being!

Through this Gospel we understand that there is something in the essence of the human condition that is connected to the holy. The more real or authentic that a person becomes, the more vivid the reality of that which is most holy. We are at our best when we know ourselves and share that self-knowledge with our sisters and brothers in the Lord. It is for this reason that we can pray the great prayer of Augustine: "Lord, let me know myself, for then I shall know You!"

During this Easter time let us ask ourselves how we have looked into knowing our true strengths and weaknesses and how we have shared these insights with others of Faith in the Risen Lord. In this way the Lord becomes present again in newer and more powerful ways-- in the actual sharing of our personal experience of Christ with one another.

Being with fellow human beings in times of trouble, despair, loss or distress as our true authentic self can transform that darkness into the light of the Easter hope.