

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

Based on the gospel for Sunday 1 May, Third Sunday of Easter: John 21:1-19

"Jesus said to them, 'Come and have breakfast.'"

On the Third Sunday of Easter, we read about the great catch of fish that occurred at the Sea of Tiberius.

The gospel also gives us the wonderful image of the Risen Lord inviting his friends to breakfast.

Our God is a host who cooks for those he loves, gives nourishment, encouragement and who continues to call in the face of weakness and failings.

By offering hospitality and welcome, Jesus is showing Peter, and us, that it is love that counts. Success or failure is secondary to the willingness to love.

How am I called, today, to be host - to the neighbour struggling to eat and heat their home, to the friend still battling long-COVID, to the one fleeing war-torn Ukraine?

Who are the sheep, the lambs in my life who need looking after?

Lord, you call us to be your guest so that you can feed us and give us strength. With the nourishment we receive, help us to go out, even to those places we would rather not go, that we might bring your invitation to all those we encounter. Amen.



## Ukraine crisis

Read the stories of humanitarian workers and volunteers who are working round the clock with people fleeing Ukraine

[Read the stories](#)



## Fix the food system

Find out more about how the food system works and how you can play your part to help fix it so that it works for everyone.

[Find out more](#)



## Easter prayers

Give thanks for new life and celebrate the joy and hope that the Resurrection brings with these prayers throughout the Easter season.

[Give thanks in prayer](#)

This reflection and prayer were written by Ged Johnson, spiritual director at St Beuno's Jesuit Spirituality Centre in North Wales.



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](mailto: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 2022

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,**