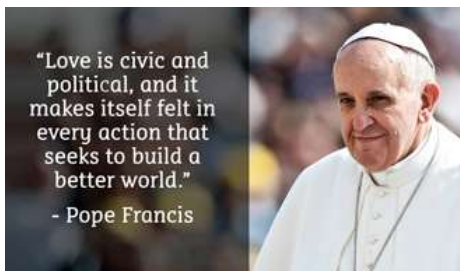


Based on the gospel for Sunday 21 May - John 14:15-21

**"Anybody who loves me will be loved by my Father"**

Anyone who loves Jesus will be loved by the Father, Jesus will reveal himself to them and they will be empowered by the Spirit. Embraced by the communion of the Trinity, we are set apart from the world and yet we are of the world. If we are to keep Jesus' commandments and "love one another", this love will transform the world.

One way we can follow this commandment of Jesus is by putting our faith into action and volunteering with CAFOD. Through our awareness-raising, campaigning against injustice, writing letters to MPs, or fundraising, we can help people fulfil their potential in the poorest communities in the world. Inspired by Jesus' commandment to love one another and empowered by the Spirit, we can bring hope to people in need of all faiths and none in Africa, Asia, Latin America and the Middle East, through our compassion and solidarity.



[Three top things to ask candidates this general election](#)



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Jesus our brother, ask the Father to pour out on us the Spirit and so empower us to love one another, especially those in greatest need. Amen.