

## Reflection Wednesday 3<sup>rd</sup> Week Easter 2024

Jesus cannot not be any clearer when he says: *“Now the will of him (the Father) who sent me is that I should lose nothing of all that he has given to me, and that I should raise it up on the last day.”*

This is a true story about something that happened during World War II. When Europe was being freed from Nazi occupation at the end of the war, there was still terrible hunger. The allied forces grouped many starving orphans together in camps where they would be fed and looked after. Even though they were lovingly cared for, the orphans hardly slept at night. Psychologists were brought to the camps and what transpired is that the orphans were anxious because they feared they would wake up again with no food. The allied forces running the camps then gave the orphans a piece of bread that the children could sleep with at night. The children were told the bread was just to be held and not eaten. The results were amazing. All the kids slept well from then onwards. The guarantee that they would wake up to food calmed their fears and made them fully trust that they were now in good hands....

In our Gospel reading Jesus reminds us that he is the bread of life, always there accompanying us along the way. That thought is offered to us to comfort us and also help calm our fears.