

LIVING FAITH

EASTER SUNDAY

APRIL 5



THE GOSPEL FOR TODAY

John 20:1-9

Early on the first day of the week, while it was still dark, Mary Magdalene came to the tomb and saw that the stone had been removed from the tomb. So she ran and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, 'They have taken the Lord out of the tomb, and we do not know where they have laid him.' Then Peter and the other disciple set out and went towards the tomb. The two were running together, but the other disciple outran Peter and reached the tomb first. He bent down to look in and saw the linen wrappings lying there, but he did not go in. Then Simon Peter came, following him, and went into the tomb. He saw the linen wrappings lying there, and the cloth that had been on Jesus' head, not lying with the linen wrappings but rolled up in a place by itself. Then the other disciple, who reached the tomb first, also went in, and he saw and believed; for as yet they did not understand the scripture, that he must rise from the dead.

REFLECTING ON THE GOSPEL

Happy Easter! The women came to the tomb early in the morning to complete the burial rites for Jesus. Imagine their surprise when they found the huge, heavy stone rolled away, and the tomb empty! That empty tomb changed everything. The angels confirmed it with the question, "Why do you look for the living among the dead? He is not here, but has risen."

Mary Magdalene, Joanna, Mary the mother of James, and the other women ran to tell the Apostles the news. Imagine their frustration when the Apostles did not believe them! Peter must have realized, though, that there really was something momentous going on. He ran to the tomb, and found it just as the women had said.

Hope was born that morning. Jesus had risen from the dead. Death could not confine him. Because of that morning, death cannot confine us, either. That doesn't mean that only physical death has no power over us. It means that there is always hope, no matter how dire or overwhelming the situation in which we find ourselves seems to be. There is always hope.

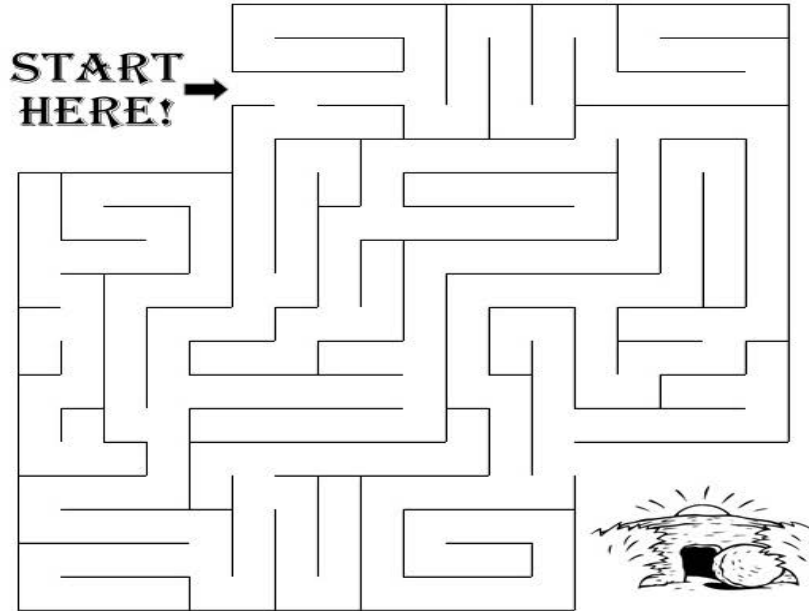


TALKING WITH FAMILY AND FRIENDS

- How do you need to experience hope?
- What new life do you ask of Jesus for yourself or for someone else?
- How can you be hope or bring hope for someone else?

He is not here! He has risen!

Can you find your way to the empty tomb?



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THE CHURCH TEACHES
 EASTER IS NOT ONLY ONE DAY—IT IS A SEASON
 50 DAYS OF EASTER
 FROM THE EASTER VIGIL TO PENTECOST SUNDAY



The Paschal Candle
 is the central symbol of the Easter season, sign of the presence of the risen Lord, light of the world

Alleluia!
 Praise the Lord!

THE SONG OF OUR REJOICING

It is added to acclamations and antiphons and may be used as a refrain for the responsorial psalm and communion song.



The sprinkling rite (with water blessed at the Easter Vigil) is often used at the beginning of Masses on Sundays

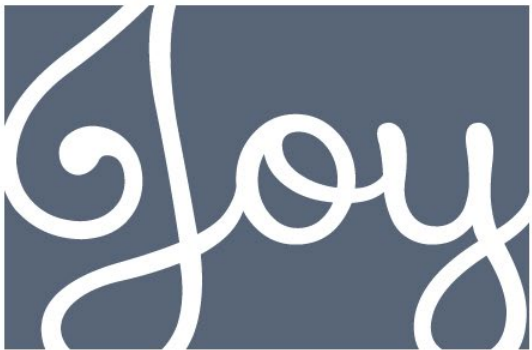
ASPECTS OF THE SEASON OF EASTER

As far back as the Council of Nicaea (325), the Church reflected Easter joy by prohibiting fasting and kneeling, which are signs of penance, throughout the season.

During the Easter season, we stand (rather than kneel) during the Litany of the Saints.



Confirmation and First Eucharist are celebrated during the Easter season



The constant joy of the season continues throughout the *fifty days* and should be reflected in the festive decoration of the church building

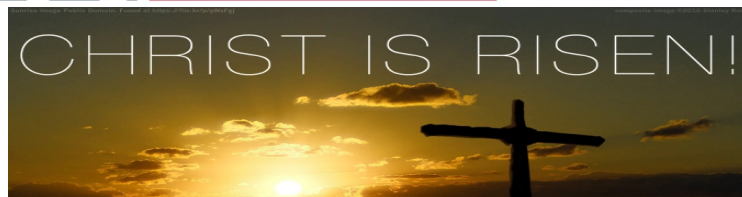


The Acts of the Apostles is read at all celebrations in place of the Old Testament because it presents *the life, growth and witness of the early Church*



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EXPERIENCING THE RESURRECTION EVERY DAY

The Resurrection of Jesus happened once, definitively.
He died and rose so that you might have life, life to the full.
The Resurrection of Jesus promises eternal life.
It also affects our lives here and now, every day.
How can you live in the light of Jesus' Resurrection every day?

Through His death and Resurrection, Jesus overcame sin. Jesus' power to overcome sin is available to you every day. All of us have weaknesses. All of us do the wrong thing sometimes. All of us have habits that hold us back, and keep us from living life to the fullest.

Pray today for the strength to overcome sin, harmful or destructive habits, unhealthy choices. And forgive others...



In and through His Resurrection, Jesus showed that hope is stronger than despair, and life is stronger than death. Choose today to live in hope.

Make a list of the people, situations and things that give you hope.

Jesus died and rose for all of us. Why? Because He loves us. The power of Jesus' Resurrection empowers you to love. Love is a choice that you make, a commitment that you follow through on.

Choose today to do the loving thing for others.



Jesus' Resurrection is the source of our joy. Joy is more than an emotion – it's the ability to see beyond your circumstances to the God who loves you, and always acts according to what's best for you.

Do one thing today that will bring joy to someone else.