

APRIL 16, 2017



EASTER SUNDAY OF THE RESURRECTION OF THE LORD



ACTS OF THE APOSTLES 10:34A, 37-43

PSALM 118:1-2,
16-17, 21-23

COLOSSIANS 3:1-4 OR
1 CORINTHIANS 5:6B-8

JOHN 20:1-9 OR MATTHEW 28:1 - 10
OR LUKE 24:13 - 35

REFLECTION

Alleluia! He is risen! Today is the most joyous celebration in the Church—the Resurrection of Christ! On this day of rejoicing in new life, we are also invited to rid ourselves of the old—that which is no longer life giving—and rise to new life with and in Christ. In the Second Reading today, we are told to rid ourselves of the old yeast in our lives, to rid ourselves of the things that no longer bring joy and salvation into this world, and to open ourselves to lives of truth and sincerity. We are fortunate that in the northern hemisphere, Easter falls in springtime when everything around us points to new life. Flowers once buried under snow and ice spring to new life with new buds and leaves. Trees that seemed dead bloom into fullness once more. This is what we are called to do—let the old die away and make room for new goodness!



"ON THE THIRD DAY"
MATT MAHER

ACTION

Easter Time is entirely about rejoicing in goodness and life. This week, challenge yourself to appreciate the life and goodness you see in others and in yourself. Think about three people in your life who represent an authentic life and thank them for being an example of Easter joy. Share with them how they inspire you to rejoice in new life and ask them for advice on how to similarly live. If it's possible, you should also try planting a tree or flower. As this plant grows, consider it a reminder for you to continually grow and rise to new life.

JOURNALING QUESTIONS

- Is there something in your life that you have been holding onto, knowing that it might be time to let it go to make room for something new or healthier? What is holding you back from letting this go?
- Where in your life can you share the joy of the Resurrection with others in either word or deed?