

# PRAY, FAST AND STRUGGLE FOR A MORE PERFECT UNION WITH CHRIST AS A FAMILY

## *SUGGESTED PRAYERS, READINGS AND THOUGHTS FOR THE WEEK*

### **A PSALM FOR THE MORNING** (*PSALM 84, DOUAY RHEIMS*)

Lord, thou hast blessed thy land: thou hast turned away the captivity of Jacob. Thou hast forgiven the iniquity of thy people: thou hast covered all their sins. Thou hast mitigated all thy anger: thou hast turned away from the wrath of thy indignation. Convert us, O God our saviour: and turn off thy anger from us.

Wilt thou be angry with us forever: or wilt thou extend thy wrath from generation to generation? Thou wilt turn, O God, and bring us to life: and thy people shall rejoice in thee. Shew us, O Lord, thy mercy; and grant us thy salvation. I will hear what the Lord God will speak in me: for he will speak peace unto his people: And unto his saints: and unto them that are converted to the heart. Surely his salvation is near to them that fear him: that glory may dwell in our land. Mercy and truth have met each other: justice and peace have kissed. Truth is sprung out of the earth: and justice hath looked down from heaven. For the Lord will give goodness: and our earth shall yield her fruit. Justice shall walk before him: and shall set his steps in the way.

### **A GOSPEL FOR THE MORNING** (*MARK 16:1-8, RSV-CE*)

And when the sabbath was past, Mary Mag'dalene, and Mary the mother of James, and Salo'me, bought spices, so that they might go and anoint him. And very early on the first day of the week they went to the tomb when the sun had risen. And they were saying to one another, "Who will roll away the stone for us from the door of the tomb?" And looking up, they saw that the stone was rolled back; for it was very large. And entering the tomb, they saw a young man sitting on the right side, dressed in a white robe; and they were amazed. And he said to them, "Do not be amazed; you seek Jesus of Nazareth, who was crucified. He has risen, he is not here; see the place where they laid him. But go, tell his disciples and Peter that he is going before you to Galilee; there you will see him, as he told you." And they went out and fled from the tomb; for trembling and astonishment had come upon them; and they said nothing to any one, for they were afraid.

### **A PSALM FOR THE EVENING** (*PSALM 86; DOUAY RHEIMS*)

The foundations thereof are in the holy mountains: The Lord loveth the gates of Sion above all the tabernacles of Jacob. Glorious things are said of thee, O city of God. I will be mindful of Rahab and of Babylon knowing me. Behold the foreigners, and Tyre, and the people of the Ethiopians, these were there. Shall not Sion say: This man and that man is born in her? and the Highest himself hath founded her. The Lord shall tell in his writings of peoples and of princes, of them that have been in her. The dwelling in thee is as it were of all rejoicing.

### **A GOSPEL FOR THE EVENING** (*JOHN 20:19-23 FROM RSV-CE*)

On the evening of that day, the first day of the week, the doors being shut where the disciples were, for fear of the Jews, Jesus came and stood among them and said to them, "Peace be with you." When he had said this, he showed them his hands and his side. Then the disciples were glad when they saw the Lord. Jesus said to them again, "Peace be with you. As the Father has sent me, even so I send you." And when he had said this, he breathed on them, and said to them, "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained."

### **A PRAYER TO ST. THOMAS AQUINAS**

Pray for us Blessed Thomas. That we may be made worthy of the promises of Christ.

### **A MARIAN PRAYER**

Queen of heaven, rejoice, alleluia.  
The Son you merited to bear, alleluia,

Has risen as He said, alleluia.  
Pray to God for us, alleluia.

**FROM THE CATECHISM OF THE CATHOLIC CHURCH**

**639** The mystery of Christ's resurrection is a real event, with manifestations that were historically verified, as the New Testament bears witness. In about A.D. 56 St. Paul could already write to the Corinthians: "I delivered to you as of first importance what I also received, that Christ died for our sins in accordance with the scriptures, and that he was buried, that he was raised on the third day in accordance with the scriptures, and that he appeared to Cephas, then to the Twelve. . ." The Apostle speaks here of the living tradition of the Resurrection which he had learned after his conversion at the gates of Damascus.

**640** "Why do you seek the living among the dead? He is not here, but has risen." The first element we encounter in the framework of the Easter events is the empty tomb. In itself it is not a direct proof of Resurrection; the absence of Christ's body from the tomb could be explained otherwise. Nonetheless the empty tomb was still an essential sign for all. Its discovery by the disciples was the first step toward recognizing the very fact of the Resurrection. This was the case, first with the holy women, and then with Peter. The disciple "whom Jesus loved" affirmed that when he entered the empty tomb and discovered "the linen cloths lying there", "he saw and believed". This suggests that he realized from the empty tomb's condition that the absence of Jesus' body could not have been of human doing and that Jesus had not simply returned to earthly life as had been the case with Lazarus.

**FROM THE SAINTS**

So let us be buried with Christ through baptism, that we may also rise with Him. Let us descend with Him, that we may also be exalted with Him. Let us ascend with Him, that we may also be glorified with Him.

*-St. Gregory the Theologian*

Let no one fear death, for the Savior's death has set us free. He that was held prisoner of it has annihilated it. By descending into Hell, He made Hell captive. He embittered it when it tasted of His flesh. And Isaiah, foretelling this, did cry: Hell, said he, was embittered, when it encountered Thee in the lower regions. It was embittered, for it was abolished. It was embittered, for it was mocked. It was embittered, for it was slain. It was embittered, for it was overthrown. It was embittered, for it was fettered in chains. It took a body, and met God face to face. It took earth, and encountered Heaven. It took that which was seen, and fell upon the unseen. O Death, where is your sting? O Hell, where is your victory? **Christ is risen**, and you are overthrown. **Christ is risen**, and the demons are fallen. **Christ is risen**, and the angels rejoice. **Christ is risen**, and life reigns. **Christ is risen**, and not one dead remains in the grave. For Christ, being risen from the dead, is become the first fruits of those who have fallen asleep. To Him be glory and dominion unto ages of ages.

*-From the Paschal Sermon of St. John Chrysostom*

**FAST, ABSTAIN AND/OR SACRIFICE THIS WEDNESDAY AND FRIDAY**

For those suffering from sickness, wounds, injuries and all bodily illnesses

**MEMORIZE THE GIFTS OF THE HOLY SPIRIT**

Wisdom, Understanding, Knowledge, Counsel, Fortitude, Piety and Fear of the Lord

**OPPORTUNITIES FOR CHRISTIAN FORMATION THIS WEEK AT THE PARISH**

**There will be no Religious Education/Formation Classes or Talks during the Easter Octave.**