



# Building Faith@HOME

[1st Reading: Acts 10:34a, 37-43](#)  
[Responsorial Psalm: Ps 118:1-2, 16-17,](#)

[22-23](#)

[Second Reading: Col 3:1-4](#)  
[Gospel: Jn 20:1-9](#)

Today marks the beginning of the Easter Season, a 50-day period devoted to reflecting on Christ's Resurrection. The Gospel describes the disciples finding the empty tomb and not understanding Jesus had risen, emphasizing faith in Jesus and his Resurrection over proof. It notes the significance of women, particularly Mary of Magdala, discovering the tomb first, challenging first-century Jewish societal norms where women couldn't be legal witnesses. Unlike the Synoptics, John's Gospel lacks angelic appearances at the tomb. Instead, Mary notices the moved stone and informs Simon Peter and the beloved disciple, mistakenly believing Jesus' body was stolen.

The disciples then visit the tomb; the beloved disciple arrives first but waits for Simon Peter before entering. The narrative suggests the presence of burial cloths could indicate Jesus' body wasn't stolen, as grave robbers would likely take them too. Yet, even with the empty tomb and burial cloths, the disciples didn't grasp the Resurrection. Mary meets Jesus afterward, mistaking him for the gardener. Future Gospel readings will illustrate the disciples' growing belief in the Resurrection, anchored in their experiences and Jesus' subsequent appearances, underscoring our Easter faith in their witness and continued relationship with Jesus through his appearances and the Holy Spirit.

**Missionary Discipleship:** Using Pope Francis' beloved term, Easter is the season for "missionary disciples." The heart of the mission is Christ, the source of the mission is his Resurrection, and the power of the mission is the Holy Spirit he imparts to us. With this mission, we, his disciples, bring him to others and work to unite all in him. ([OurSundayVisitor.com](#))

### Family Table Talk

**Children:** What sacrifices do you make for those whom you love?

**Youth:** Even the disciples had a hard time understanding Jesus' Resurrection – it is that surprising. What does Resurrection mean to you? What does Easter mean to you?

**Adults:** In what ways has God called you to die in Christ? How is this expressed in your own life?

## Christ, the Lord, is Risen today!



### Paschal Candles At Home

Make your own Easter Candle at home using a short pillar candle. Using a dull pencil or wooden skewer, carve into the candle the shape of a cross, the year, the Alpha & Omega symbols. Using red paint, fill in the carved areas. Wipe away any excess paint. Add 5 whole cloves, to represent the wounds of Jesus. (see [CatholicCing.com](#)) Keep this on your table or where you pray. When lighting the candle, have everyone say "Jesus is the light of the world!"

Also see: [elizabethclareblog.com](#)



### Catholic Kids Media EASTER Cycle B



[bit.ly/Catholic-Kids-Media-Easter](https://bit.ly/Catholic-Kids-Media-Easter)

### Links for More Ideas, Activities & Resources FYI

[GoogleDrive](#) - *Celebrating Easter: Ideas for Busy Parents (Family faith builder)*

[Divinemeracy.life](#) - *Divine Mercy Novena* - audio and text for each day (Adult Faith Builder)

[catholicblogger1.blogspot.com](#) - *The Catholic Toolbox: Easter Games* - (Family Faith Builder)

[hollyart.com](#) - *Easter Monday or Angel Monday? Let's find out why they are called so* (All ages)



March 31, 2024

2024 - A Year of Prayer

'Jesus was praying in a certain place, and when he finished, one of his disciples said to him, "Lord, teach us to pray..." - Luke 11:1



# Prayer@HOME

Cut & Pray!



From now until Pentecost, practice the prayer to the Holy Spirit.

## Prayer to the Holy Spirit

Come, Holy Spirit, fill the hearts of your faithful,  
and kindle in them the fire of your love.  
Send forth your Spirit and they shall be created,  
and you will renew the face of the earth.

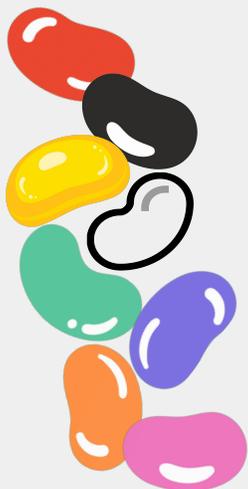
Lord, by the light of the Holy Spirit  
you have taught the hearts of your faithful.  
In the same Spirit help us to relish what is right  
and always rejoice in your consolation.  
We ask this through Christ our Lord.  
Amen.

## Scripture Verse of the Week From Sunday's Mass



Alleluia! Give thanks to the  
LORD, for he is good,  
for his mercy endures  
forever.  
Let the house of Israel say,  
"His mercy endures  
forever."  
-Psalm 118:1

Practice:  
Alleluia means "Praise the Lord!".  
What are some ways you can praise  
the Lord this Easter Season?



### The Jelly Bean Prayer

Red is for the blood you gave,  
and black is for the empty grave.  
Yellow is for the shining sun,  
white is for the new life begun.  
Green is for the grass and trees and  
purple is for your majesty.  
Orange is for the edge of night, and  
pink is for the morning light.  
Amen!

## Building Prayer Time @ Home

This will be a series of family activities to try as your families start or strengthen prayer time.

**Alleluia means "Praise the Lord!"** It is derived from the Hebrew word "hallelujah." The word first appears in the Bible in Psalm 104:35 and then frequently through the end of the book of Psalms, though it appears nowhere else in the Old Testament. Hallelujah is used twenty-three times and is, in fact, the very last word of the book of Psalms (Ps. 150:6). The Greek form of the word (alleluia) is found in Revelation 19:1, Revelation 19:3, Revelation 19:4, and Revelation 19:6.

During this Easter Season, **pray with the Psalms.** Read one of the Alleluia Psalms each day and reflect on its meaning for you.

[christianity.com](http://christianity.com) -Bible Meaning of Hallelujah: Praise the Lord!

[blog.rose-publishing.com](http://blog.rose-publishing.com) -Where Does the Word "Hallelujah"

Really Come From?

