



CELEBRATING AT HOME

THIRD SUNDAY OF EASTER

*Disciples share a story, Jesus appears
and Peace is given (Lk 24:35-48)*



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Sign of the Cross

In the name of the Father, and of the Son,
and of the Holy Spirit.

Amen.

The Lord is here, present among us.

**We are gathered with the whole Church in
this moment of prayer.**

Preparing to hear the Word

Lord Jesus, when we feel crushed by life,
walk with us and gently heal us.

In the midst of sadness and despair,
may we never lose sight of you.

Nourish us with Word and Sacrament
to be God's heart in our world.

**Risen Christ,
you are our companion on the journey of life.
Constantly rebuild our faith, hope and love
and shape us into your living presence.
Amen.**

Scripture Reading (Luke 24:35-48)

The disciples told their story of what had happened on the road and how they recognised Jesus at the breaking of bread.

They were still talking all about this when Jesus himself stood among them and said to them, 'Peace be with you!' In a state of alarm and fright, they thought they were seeing a ghost. But he said, 'Why are you so agitated, and why are these doubts rising in your hearts? Look at my hands and feet; yes, it is I indeed. Touch me and see for yourselves; a ghost has no flesh and bones as you can see I have.' And as he said this he showed them his hands and feet. Their joy was so great that they could not believe it, and they stood dumbfounded; so he said to them, 'Have

you anything here to eat?' And they offered him a piece of grilled fish, which he took and ate before their eyes.

Then he told them, 'This is what I meant when I said, while I was still with you, that everything written about me in the Law of Moses, in the Prophets and in the Psalms, has to be fulfilled,' He then opened their minds to understand the Scriptures, and he said to them, 'So you see how it is written that the Christ would suffer and on the third day rise from the dead, and that, in his name, repentance for the forgiveness of sins would be preached to all the nations, beginning from Jerusalem. You are witnesses to this.'

Reflection - *Peace be with you*

"Peace be with you" - so important are these words of Jesus that we hear them three times in the Gospel. Last week we heard St John's account of one of Jesus' appearances to the disciples in the days after his death and resurrection. "Peace be with you," Jesus said as he breathed the strength of the Holy Spirit on his fearful and doubting followers. In doing this, Jesus echoed what he had said to the disciples at the Last Supper after he had washed their feet: "The Holy Spirit will teach you everything, and remind you of all that I have said to you. Peace I leave with you; my peace I give to you. Do not let your hearts be troubled, and do not let them be afraid" (Jn.14:26-7). But Thomas still doubted and needed to place his hands on the wounded body of Jesus before he could believe.

St Luke's account of the appearance of Jesus starts on the third day after the crucifixion, the day when his tomb was found empty.

On the road to Emmaus a stranger walks with two of the disciples and finally they recognise Jesus "in the breaking of the bread" (Lk.24:35). This

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week's Gospel tells what followed. Jesus appears amongst all the disciples, again greeting them with: "Peace be with you." He reassures them he is not a ghost, is still with them in the flesh. And as they stand dumbfounded, Jesus asks the very human question: "Have you anything here to eat?" Once again, he shares a meal with his followers. And as they share the food, he opens their hearts and minds to understand what they have seen and heard.

As we share the food of our Eucharistic meal each time we gather at mass, we recall that whenever Jesus shared a meal with his followers he opened their hearts and minds. Jesus said: "Touch me and see for yourselves." We may not be there in Jerusalem in that room with the disciples reaching out to touch Jesus, but we can touch and see Jesus in all the good things around us in our world: in the food that nourishes us, the water that revives us and washes us clean, in the love of God, family and friends that sustains us. All these are part of the Peace that we have been given and in these words we feel our call to be Peace in our families, communities, workplaces and world.

Prayers of Intercession

Lord, help us to really listen to you
and to one another.

Keep us strong in faith, hope and love
so that the face of Jesus may be seen in us.

We pray for all health workers and researchers.
Bless their work to keep us safe and well.

We pray for all those mourning loved ones:
bring them comfort and peace.

Bless all those working in creative ways
to care for us and for others.

Lord's Prayer

Formed by the teaching and example of Jesus,
we pray:

**Our Father, who art in heaven,
hallowed be thy name.**

Thy kingdom come.

**Thy will be done on earth
as it is in heaven.**

**Give us this day our daily bread
and forgive us our trespasses
as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil.**

Closing Prayer

Lord, God,
in the resurrection of Jesus
you share with us his risen life.
Transform our darkness, fear and isolation
with your comforting presence
so that we can be your calm, loving,
healing presence to each other.
Through Christ our Lord.
Amen.

Blessing

May your blessing be upon us, O Lord,
and remain with us for ever.

We go in the peace of the risen Christ!
Alleluia! Alleluia!



Journey into the Light

This resource is presented by the Carmelites for use by individuals, families and small groups as a prayerful celebration of the Word of God to help prepare us to celebrate the Eucharist with our worshipping communities. We are conscious that Christ is present not only in the Blessed Sacrament but also in the Scriptures and in our hearts. We are also conscious of the many people who, for various reasons including sickness and infirmity, cannot physically attend the Eucharist. Even when we are on our own we remain part of the Body of Christ.

In the room you decide to use for this prayer you could have a lighted candle, a crucifix and the Bible. These symbols help keep us mindful of the sacredness of our time of prayer and can help us feel connected with our local worshipping communities.

This text is arranged with parts for a leader and for all to pray, but the leader's parts can be shared among those present.

As you use this prayer know that the Carmelites will be remembering in our prayer all the members of our family.



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