



Shine

17TH APRIL 2022

EASTER SUNDAY

SCRIPTURE
LUKE 24:1-12



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Very early on Sunday morning the women went to the tomb, carrying the spices they had prepared. They found the stone rolled away from the entrance to the tomb, so they went in; but they did not find the body of the Lord Jesus.

They stood there puzzled about this, when suddenly two men in bright shining clothes stood by them. Full of fear, the women bowed down to the ground, as the men said to them, "Why are you looking among the dead for one who is alive? He is not here; he has been raised. Remember what he said to you while he was in Galilee: 'The Son of Man must be handed over to sinners, be crucified, and three days later rise to life.'"

Then the women remembered his words, returned from the tomb, and told all these things to the eleven disciples and all the rest. The women were Mary Magdalene, Joanna, and Mary the mother of James; they and the other women with them told these things to the apostles.

But the apostles thought that what the women said was nonsense, and they did not believe them. But Peter got up and ran to the tomb; he bent down and saw the grave cloths but nothing else. Then he went back home amazed at what had happened.

Reflection

Happy Easter! Christ is risen! There is so much to celebrate today! We've made it to the end of a long Lenten season, it's time to rejoice! Pope Francis has called Easter a 'time of joy' so how can we make sure that we have a true joy in Jesus' resurrection?

You might have heard this saying before, but it's worth repeating: The easiest way to share joy is to have everything in the right order Jesus Others You!

Prioritise Jesus in your life this season. This might be by saying a simple prayer

first thing in the morning or making an extra effort to go to Mass on a Sunday.

When we put Jesus first, we are able to become more like Him.

Next is others. That doesn't mean not taking care of yourself, but rather making sure we are loving those around us and being aware of their needs. There are many ways you can serve others and bring joy. What simple acts of kindness can you think of?

And finally there's You. Remember to find moments of joy for yourself; you can find that joy simply by being your amazing authentic self!

ACTIVITIES

Easter Scenes

Traditionally people have made Easter gardens. You could do this or why not make the Easter scene out of what you have at home?

You could use some craft supplies you have lying around, or Lego/building bricks, or bake the scene out of biscuits!

Table Decorations

Many families will be having a special dinner today. Make some place cards with the names of whoever will be there and the words 'He is risen!'.

Make them look colourful and set them on your table.



Prayer

May the grace of our Lord Jesus Christ be with us this day.

May this time be blessed as we gather to celebrate together.

May your love be shared amongst us as we enjoy the gifts of family and friendship.

May we remember to give out the mercy and forgiveness that you have freely given us, and may we always give thanks for your unending love. Amen

CHALLENGE

Gather together some items for an Easter basket (it doesn't have to be an actual basket! You could use a shoebox, a gift bag or even just a shopping bag) and gift it to someone who might need a reason to smile this Easter.

Here are some ideas for your basket:
A handwritten note in an Easter card

A scripture quote

A mini easter egg

What else can you think of?