

Easter Octave

BE STILL

Take a moment to allow whatever is in your heart to rise and offer your thoughts to the loving care of the Risen Lord today.

Listen or Sing:

Regina Caeli via:

<https://www.cam.org.au/evangelisation/Summit#music>

Regina caeli, laetare, allelúia: qui-a quem me-ru-í-sti portare, allelúia, Resurrexit, sicut dixit, allelúia. Ora pro nobis Deum, allelúia.

(English)

O Queen of heaven, be joyful, alleluia: For he whom you have humbly borne for us, alleluia, Has arisen, as he promised, alleluia, Offer now our prayer to God, alleluia.

Gathering Prayer:

Christ yesterday and today
The beginning and the end
Alpha and Omega
all time belongs to him
and all the ages
to him be glory and power
through every age forever, Amen.
Alleluia.

THE GOSPEL

A reading from the gospel according to John (Jn 20:1-19)

It was very early on the first day of the week and still dark, when Mary of Magdala came to the tomb. She saw that the stone had been moved away from the tomb and came running to Simon Peter and the other disciple, the one Jesus loved. 'They have taken the Lord out of the tomb,' she said, 'and we don't know where they have put him.'

So Peter set out with the other disciple to go to the tomb. They ran together, but the other disciple, running faster than Peter, reached the tomb first; he bent down and saw the linen

cloths lying on the ground, but did not go in. Simon Peter who was following now came up, went right into the tomb, saw the linen cloths on the ground, and also the cloth that had been over his head; this was not with the linen cloths but rolled up in a place by itself. Then the other disciple who had reached the tomb first also went in; he saw and he believed. Till this moment they had failed to understand the teaching of scripture, that he must rise from the dead.

The gospel of the Lord.

Ponder:

Re-read the gospel.

Pope Francis in *Evangelii Gaudium* (2013) noted that in the presence of God, during a recollected reading of the text, it is good to practice *Lectio Divina* – the reading of God's word in prayer asking that it 'enlighten and renew' us.

The following questions may help with this:

- Lord, what does this text mean to me?
- What is it about my life that you want me to change by this text?
- What troubles me about this text?
- Why am I not interested in this?
- What do I find pleasant about this text?
- What is it about this word that moves me?
- What attracts me?
- Why does it attract me?

Reflect:

During the days of the Triduum, Christians throughout the world have been invited to reflect on the passion and death of Jesus – and now it is time to rejoice!

It's hard to imagine how those early disciples and friends of Jesus must have felt as they stood looking at the scene of the crucifixion. The man in whom they had placed so much hope ended up suffering terribly, was publically humiliated and, after death, placed in a tomb.

When we read this gospel passage it is almost as though each of the gospel characters paint a picture of grief: Mary of Magdala responds with anxiety and perhaps

