

## Stations of the Resurrection

Rooted in an ancient tradition, the Stations of the Resurrection (the *Via Lucis*, the Way of Light) parallel the Stations of the Cross (the *Via Crucis*), highlighting the Resurrection appearances and faith encounters with Risen Lord from all four Gospels. This Easter Season, set aside some time to pray and mediate on each of the following stations for a few days each:

1. Jesus Rises from the Dead  
*Pray for the grace to truly believe.* 
2. The Disciples Discover the Empty Tomb  
*What joy, wonder and fear must the earliest disciples have felt upon discovering the empty tomb?*
3. The Risen Lord Appears to Mary Magdalen, Apostle to the Apostles  
*Like Mary, do we cling to the Lord?* 
4. The Risen Lord Appears on the Road to Emmaus  
*Are we able to recognize Christ when he appears in our life and we are not expecting him?*
5. The Risen Lord is Recognized in the Breaking of the Bread  
*Pray for the grace to truly experience the deep mystery of Christ's Real Presence in the Eucharist.* 
6. The Risen Lord Appears to the Community of Disciples  
*When we gather with two or more people, do we acknowledge Christ's presence?* 
7. The Risen Lord Breathes Peace and Gives the Power to Forgive  
*Who in my life do I need to forgive more fully?*
8. The Risen Lord Strengthens the Faith of Thomas  
*In the car today, pray for a deeper, more unquestioning faith.*
9. The Risen Lord Eats with the Disciples on the Shore of Tiberias  
*When we eat, do we stop and give thanks to God for the great gift of nourishment?* 
10. The Risen Lord Forgives Peter and Entrust Him to Tend and Feed His Sheep  
*Say a short prayer for the leaders in the Church and leaders everywhere.*
11. The Risen Lord Sends the Disciples into the World  
*Share the Good News of Christ through giving time to a local shelter or food pantry.* 
12. The Risen Lord Ascends into Heaven  
*Take a moment at bedtime and pray for all of your relatives and friends who are with the saints in heaven.*
13. Mary and the Disciples Keep Vigil in the Upper Room for the Spirit's Advent  
*Ask Mary to share her deep, abiding faith with all of us who dwell waiting for the Second Coming.*
14. The Risen Lord Sends the Holy Spirit  
*Thank God for the gift of the Holy Spirit to give us wisdom and guide our lives.* 

### RESURRECTION REFLECTION:

What are some of the signs and symbols that have special significance for you this Easter season?



SHUTTERSTOCK

**ALLELUIA ACTIVITY:** To remind yourself of the Paschal Candle in church, create an Easter candle for your home. Use it for your prayer times.

### Being Open to Easter Every Day

Easter is not a one-time event; it is also an event which happens to us each day, if we are open and connected to the lifesaving reality of who Jesus is in our lives. Truly, then, as we celebrate the Easter season, Jesus' resurrected life becomes our life as well.

To view a PDF of additional topical pamphlets or to order bulk copies of this pamphlet, go to [www.osv.com/pamphlets](http://www.osv.com/pamphlets)

## Our Sunday Visitor

Bringing Your Catholic Faith to Life

1-800-348-2440 • Fax: 1-800-498-6709 • [www.osv.com](http://www.osv.com)

By Janet Schaeffler, OP  
Copyright © Our Sunday Visitor, Inc.

No part of this pamphlet can be reprinted or reproduced in any form.  
Inventory No. P1049

*Nihil Obstat:* Msgr. Michael Heintz, Ph.D.  
Censor Librorum

*Imprimatur:* ✠ John M. D'Arcy  
Bishop of Fort Wayne-South Bend  
January 12, 2010

The Scripture citations used in this work are taken from the *Second Catholic Edition of the Revised Standard Version of the Bible (RSV)*, copyright 1965, 1966, 2006 by the Division of Christian Education of the National Council of the Churches of Christ in the United States of America. Used by permission. All rights reserved.

US \$14.95



9 781592 176728 1

Copyright For Review Only. Copyright Our Sunday Visitor, Inc.

01/10

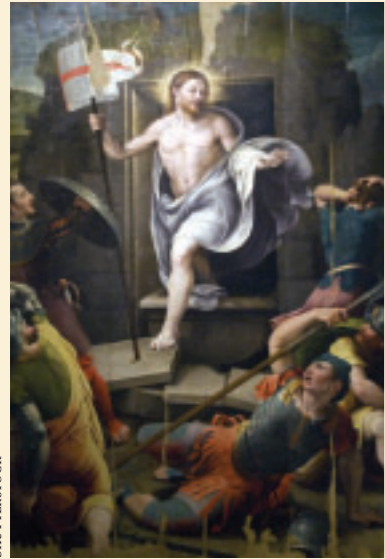
ALINARI / ART RESOURCE, NY

For Review Only. Copyright Our Sunday Visitor, Inc.

Happy Easter! We wish each other this joyful greeting on Easter Sunday — and yet, for Catholics, Easter is so much more than a single celebration. Easter is so important that we cannot celebrate it in one day. To fully celebrate the Easter Season it takes fifty days, or a Pentecost (the Greek word for *fifty*). And each one of these fifty days, in fact, *is* Easter. That is why the Church speaks of the Sundays of Easter, rather than the Sundays after Easter.

And what do we celebrate during this fifty-day Alleluia? Jesus' resurrection from the dead, his eternal and everlasting victory over death, and the gift of salvation poured out upon the world.

The *Catechism of the Catholic Church* (#638) reminds us, "The Resurrection of Jesus is the crowning truth of our faith." The heart of our very identity as Christians is this belief that God has radically changed the universe in the birth, life, passion, death, and resurrection of Jesus.



## Celebrate the Real Presence!

"Do not be afraid; for I know that you seek Jesus who was crucified. He is not here; for he has risen, as he said."

— Mt 28:5-6

The Easter mystery celebrates the Resurrection of Jesus. But what does that really mean?

Throughout the Gospels, Jesus predicts his own Passion — the suffering, crucifixion, and death that he will endure in fulfillment of the Scriptures. But it is only after we roll the stone away, and the tomb is found empty, that Jesus' predictions are truly fulfilled.



He appears in risen form first to Mary Magdalene (Jn 20:14) and then to the other women and disciples (Mt 28:9). His resurrection is bodily and complete. When the resurrected Christ visits his disciples in the Gospel of Luke, he understands their disbelief and allows them to touch him so that they may come to believe. He even eats with his disciples as a sign of his real presence among them:

"See my hands and my feet, that it is I myself; handle me and see; for a spirit has not flesh and bones as you see that I have." And when he had said this he showed them his hands and his feet. And while they still disbelieved for joy, and wondered, he said to them, "Have you anything here to eat?" They gave him a piece of a broiled fish, and he took it and ate it before them.

— Lk 24:39-43

The disciples are filled with joy and amazement at the presence of the Risen Christ! And we, too, are filled with joy and amazement at the real presence of the Risen Christ throughout the Mass. As Catholics, we believe that Christ is really and truly present in the celebrant, in the Word, and in the full assembly gathered as the Body of Christ, and most especially, in the Holy Eucharist.

The new life of the Resurrection "reinstates us in God's grace" (*Catechism of the Catholic Church*, #654) "so that as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life" (Rom 6:4).

**RESURRECTION REFLECTION:** On Easter Sunday take a moment before Mass begins to pray for the grace to truly experience the Risen Christ throughout the liturgy.

**ALLELUIA ACTIVITY:** Take a walk around your neighborhood, in your garden, at the park. Look for signs of new life.

## Welcome the Easter Season with the Easter Vigil

The pivotal liturgy of our Church year is the Easter Vigil. The first celebration of Easter, of the Resurrection, it tells the story of our salvation and celebrates the sacraments of initiation for our new members. The Easter Vigil consists of four parts:

- The Service of Light
- The Liturgy of the Word
- Christian Initiation and the Renewal of Baptismal Vows
- The Liturgy of the Eucharist

The vigil begins after sunset on Holy Saturday, when an Easter fire is blessed, symbolizing the radiance of the Risen Christ dispelling the darkness of sin and death. The Paschal candle is blessed and then lit. This Paschal candle will be used throughout the season of Easter, remaining in the sanctuary of the church or near the lectern, and throughout the coming year at baptisms and funerals, reminding all that Christ is "light and life."

Those who are coming into full communion with the Church receive the sacraments of initiation at the Easter Vigil and we, as the community of believers, participate in this initiation by renewing our own baptismal promises. We recommit ourselves to Christ by once again rejecting sin and accepting the freedom that comes from living as children of God. We



pray and welcome the newly initiated as they receive the oil of chrism and "share in the outpouring of the Holy Spirit" at Confirmation. The white garments given to the newly initiated (and to us at our baptism) represent Christ's everlasting victory over death.

### RESURRECTION REFLECTION:

Throughout the holy season of Easter, every time you notice the color white (a white candle or white flower), stop for a moment and give thanks for our salvation through Christ's Resurrection!

**ALLELUIA ACTIVITY:** Spread the Easter joy by throwing a party for friends, family, or fellow parishioners. Who haven't you seen in a while? Who needs an Easter uplift?

## Extend the Joy through the Sundays of Easter

Each Easter Sunday continues to celebrate the Easter mystery. Christ's Resurrection and victory over death is so wondrous and filled with mystery and meaning that it takes many days, many celebrations to unfold! Notice how each liturgy during the Easter season is filled with special joyful music, provides a special place for the newly baptized and confirmed, incorporates a sprinkling rite every Sunday and lectionary readings that continue to tell of the Easter appearances, and celebrates all of the sacraments of initiation (First Communion, Confirmation, infant baptism). Maintaining a full Easter environment (symbols, flowers, etc.) in place for the fifty days helps the faithful to enter more deeply into the mystery of our faith each year.