



CELEBRATING AT HOME

## EASTER SUNDAY OF THE RESURRECTION

*An empty tomb, lives changed for ever,  
enduring presence (John 20:1-9)*



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## EASTER SUNDAY OF THE RESURRECTION

### 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, **you are our way.**

Lord Jesus, **you are our truth.**

Lord Jesus, **you are our life.**

On this day, O God,  
we remember that your Son conquered death and  
opened for us the gates of eternal life.

**May we, too, live one day with him  
in your kingdom of light and peace.  
Amen.**

### Scripture Reading (*John 20:1-9*)

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 whom 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, following him, also came up, went into the tomb, saw the linen cloths lying 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 still not understood the scripture, that he must rise from the dead.

### Reflection

When someone dies, one of the things we often feel is their absence. The rooms where they lived with us, the places where they sat are now empty and our hearts ache.

It's not hard for us to share Mary's sense of emptiness and bewilderment when she arrives at the tomb.

If we were to read the next few verses from John's Gospel, we would read a story of overwhelming joy as Mary Magdalen meets the risen Jesus. When Jesus speaks her name, Mary recognises him and sadness and emptiness give way to joyful reunion.

It's a story of transformation - how things can change when we meet the risen Jesus.

In a way, we are all caught in tombs which hold loved ones, our experiences of hurt and harm, our fears and anxieties.

What we seem to need above all is presence. Yet, this can be the time when we experience absence most of all - being apart from loved ones, family and friends.

The practice of the presence of God can help us - just frequently reminding ourselves that we always in the presence of God, that we can talk to God as one friend to another, that God is in this moment with us, that God is on our side no matter what comes our way, that God is our constant companion.

Eventually, we will begin to feel more deeply God's presence, not just beside us, but within us. Eventually, the fears and anxieties, the past hurts, and disrupted relationships begin to melt away.

Where once there was only absence, now there is calm, loving, healing Presence and we know we are not alone. Our tombs begin to empty, and joy becomes possible again.

Resurrection is all about death giving way to life, the impossible becoming possible, absence becoming presence.

May all your tombs be empty!

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### Renewing Vows

*For those who cannot attend Mass: On Easter Sunday we renew the vows of our Baptism and are blessed with Easter water.*

Now we renew the promises made at our own baptism.

**We reject evil in all its forms.  
We believe in God, creator of heaven and earth.  
We believe in Jesus Christ, his Son,  
who was born of Mary,  
who was crucified, died and was buried,  
who rose again from the dead  
and is now seated at God's right hand.  
We believe in the Holy Spirit,  
the holy Catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body, and  
life everlasting**

This is our faith, the faith of the Church.  
**We are proud to profess it  
in Jesus Christ, our Lord.**

### Blessing Water

May your blessing, Lord, be on us,  
on our family, and friends,  
and on this water without which there is no life.

**May this water be for us a sign of your love  
and of the risen Christ present among us.  
Amen.**

*Each person blesses themselves with the water.*

### Lord's Prayer

Jesus himself taught us how to pray,  
so with confidence we say:

**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.



**The Carmelites**  
Australia & Timor-Leste  
PRAYER • COMMUNITY • SERVICE

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