

**Ideas for Lent: Schools and Parishes**

**Mardi Gras**

bury alleluia

**Ash Wednesday**

burn palms

burlap and nails

**Lent**

Fast from...feast on.... verse

Stations: traditional	migrant way	vocations	end of life
	St. Teresa of Calcutta	time of illness	Mary's Way
	Pope John Paul II	Joy of the Gospel	St. Francis of Assisi
	Atonement for abuse	stations in one's life	traditional

Reconciliation/holy hour

or ½ hour:

reflect on 7 last words

reflect on face of Jesus

reflect on "Who do you say I am?"

celebrate with pretzels

resurrection eggs

pictures – telling the story

**Lent themes**

Journey of Love

the hand of love

the voice of love

the deed of love

the heart of love

the mind of love

the victory of love

Choose a WORD for Lent – dwell on it with every aspects of it throughout the season of Lent

For example: Hope

Choice

Journey to Jerusalem

virtual walk to Jerusalem – St. Louis to Jerusalem is 6,459 miles

actually walk each week contemplating along the way some given questions

Senses of Lent	ears	with Jesus' temptations in the desert, what must we leave behind in the desert to gain a new life? Write a lent resolution.
	hands	Jesus was transfigured, what "old clothes" must be removed to receive Christ
	mouth	when Jesus was at the well in Samaria, "thirsting", what are we thirsting for in our lives?
	eyes	the man born blind -what am I blind to in seeing Jesus in others?
	feet	Lazarus was raised and went forth - how have you been called this Lent to move forward?

Journey of Attitudes

- creating a hopeful heart: a Heart of gratitude
- a Heart of hope
- a Heart of compassion
- a Heart of generosity
- a Heart of laughter
- a Heart of patience

Symbols of Lent	sword	Peter used the sword, what ways do I need to change my behavior, what are my values in relating to others.
	whip	Did Jesus deserve a whipping? Know the difference between my actions in thinking that I am perfect and accusing others of their actions
	rooster	What are the roosters in my life? What are the warning signs in my life that tell me to wake up and change my ways?
	face cloth	Jesus accepted Veronica's cloth and gifted her in return, she did not expect anything in return, she did it as gift. When do I act and not expect anything in return?
	dice	Where do I take bets in my life with God?
	30 pieces of silver	Have you ever been tempted? What or who tempts you? How do you respond?

Reflective Words	forgive thirst	paradise hands	behold it is finished	forsaken
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Numbers of Lent	1	Alleluia – Jesus is the ONE way to Heaven
	2	Jesus sent 2 to fetch a donkey. Am I sent to help someone? Who?
	30	the silver, money cannot make one happy, it does not last
	4	points of a cross: He died for you, He loves you, He rose, He saves
	3	Peter’s denials and Jesus always forgives.
	5	Mary / Mary’s sister / Mary Magdalene / John / wife of Clopas Name 5 people who love you.

### **Lenten Calendar for Families**

Sample calendar of activities

### **Triduum**

Reflect with Jesus this week	holy oils fire people	washing of the feet candle	waiting in prayer wood of the cross
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We remember;	take, bless, mandatum, serve others
We pray:	broken, venerate, pieta, watching
We celebrate:	share, light, HOPE, welcome others into church, into our hearts

Resurrection cross décor

Symbols of Easter	ichthus Chi-rho IHS monogram Lamb with cross Triquetra Alpha-omega
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Resurrection stations

## **FAST FROM, FEAST ON**

Fast from worry, and feast on divine order by trusting in God.

Fast from complaining, and feast on appreciation.

Fast from negatives, and feast on affirmatives.

Fast from unrelenting pressures, and feast on unceasing prayer.

Fast from hostility, and feast on non-resistance.

Fast from bitterness, and feast on compassion for others.

Fast from self-concern, and feast on compassion for others.

Fast from shadows of sorrow, and feast on the sunlight of serenity.

Fast from idle gossip, and feast on purposeful silence.

Fast from judging others, and feast on the Christ within them.

Fast from emphasis on differences, and feast on the unity of life.

Fast from apparent darkness, and feast on the reality of light.

Fast from thoughts of illness, and feast on the healing power of God.

Fast from words that pollute, and feast on phrases that purify.

Fast from discontent, and feast on gratitude.

Fast from anger, and feast on optimism.

Fast from personal anxiety, and feast on eternal truth.

Fast from discouragement, and feast on hope.

Fast from facts that depress, and feast on verities that uplift.

Fast from lethargy, and feast on enthusiasm.

Fast from suspicion, and feast on truth.

Fast from thoughts that weaken, and feast on promises that inspired.

Fast from problems that overwhelm, and feast on prayer that undergirds.

# *Stations in One's Life*

## *JUDGEMENT*



## *COMAPSSION*

## *PRAY FOR OTHERS*



## *FAILURES*

## *ALLOWING OTHERS TO HELP*



## *PEACE – HOPE*

## *“Seven Last Words”*

**“Father Forgive them for they know not what the do.”**

We, too, have been hurt. Help us to love and share our healing with others.

**“This day you will be with Me in Paradise.”**

Because You offered sympathy and spiritual help, look upon us, O God, in our world of violence and oppression

**“Women! Behold your son. Son! Behold your mother!”**

To us You have entrusted the well-being of Thy children. Make us more concerned.

**“My God, my God, why have You forsaken me?”**

We know, our Father, how You agonized when Jesus suffered at Calvary and became sin for us. Thank you for Your love.

**“I thirst.”**

We thirst for understanding. Make our cross a staff to lean upon.

**“Father into Your hands I commend My Spirit.”**

When we think of the cross we see Your glory. Help us to become like You.

**“It is finished.”**

Make us strong and able to endure our daily trials.

## **THE FACE OF JESUS**

The Sixth Station of the Cross is: "Veronica wipes the face of Jesus." Veronica asks us: "Are you ready to see the face of Jesus as I did?" Christianity is all about meeting Christ. We meet him as our healer, our consoler, our savior, our forgiver, etc. Lent is a time to look closely at Christ Jesus. Take time this lent to look at a crucifix or a picture of Jesus and reflect on what he means to you.

Below is a brief litany of the Face of Jesus. May you find yourself face to face with Jesus.

### **Litany of the Holy Face of Jesus**

God, the Father in Heaven, *have mercy on us.*

God, the Son, Redeemer of the world, *have mercy on us.*

God, the Holy Spirit, *have mercy on us.*

Face of Jesus, masterpiece of the holy Spirit, *have mercy on us.*

Face of Jesus, everlasting joy in the sight of Mary and Joseph, *have mercy on us.*

Face of Jesus, Splendor of the Holy Family, *save us.*

Face of Jesus, consoling relief of sinners, *save us.*

Face of Jesus, gentle relief of the burdened, *save us.*

Face of Jesus, affirmer of charity, *save us.*

Face of Jesus, shining like the sun on Mount Tabor, *save us.*

Face of Jesus, resplendent joy of the Apostles, *save us.*

Face of Jesus, bowed to the ground in the Garden of Gethsemane, *save us.*

Face of Jesus, whose glance caused Peter to weep bitterly, *save us.*

Face of Jesus, covered, struck and taunted in the brutal buffeting, *save us.*

Face of Jesus, whose Head was crowned with thorns and struck with a reed, *save us.*

Face of Jesus, praying for Your executioners, *save us.*

Face of Jesus, whose pitiable sight grieved his Mother, *save us.*

Face of Jesus, veiled in the pallor of death, *save us.*

Face of Jesus, imprinted on the Holy Shroud, *save us.*

Lamb of God, Who takes away the sins of the world, *spare us, O Lord.*

Lamb of God, Who takes away the Sins of the world, *graciously hear us, O Lord.*

Lamb of God, Who takes away the sins of the world, *have mercy on us.*

Lord, show us your Face, and we shall be saved, *have mercy on us.*

Let us pray: Eternal Father, may we who meditate on the countenance of your Son, be a consoling influence in His body, the Church. May we profit from the merits of His passion, death and resurrection. And may we be found worthy to walk in the way of the cross. Amen.

**Who Do You Say I Am? (Matthew 16:15)**

**A Meditation from Mother Teresa of Calcutta.**

*Who do you say I am?*

You are God.

You are God from God.

You are Begotten, not made.

You are One in substance with the Father.

You are the Son of the living God.

You are the Second Person of the Blessed Trinity.

You are One with the Father.

You are the Son of Mary, conceived by the Holy Spirit.

You were born in Bethlehem.

You are the Son of Joseph, the carpenter as known by the people of Nazareth.

**Questions that Jesus asked –**

Why were you looking for me?

What are these thoughts you have in your heart?

Where is your faith?

What is your name?

But you, who do you say I am?

What is the kingdom of God like?

What do you want me to do for you?

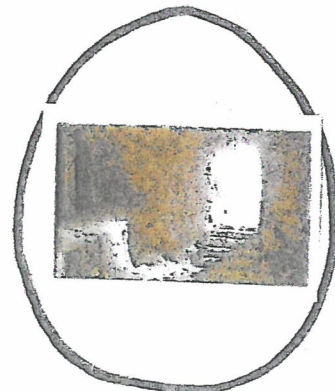
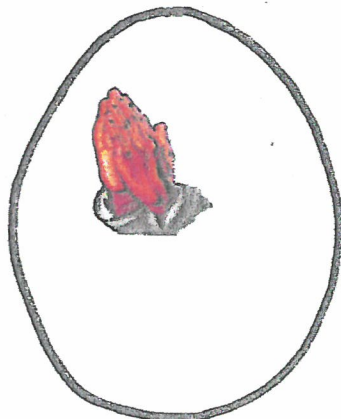
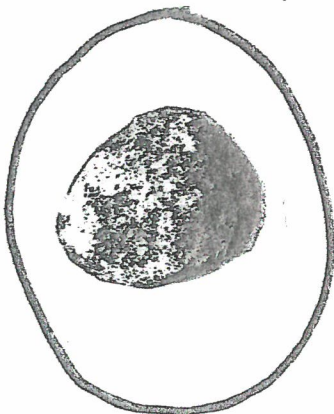
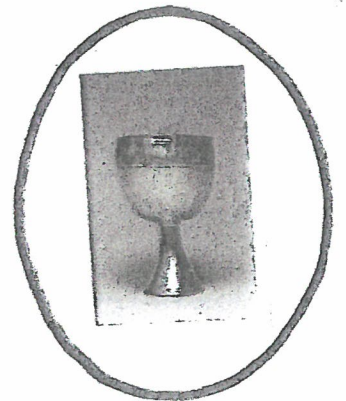
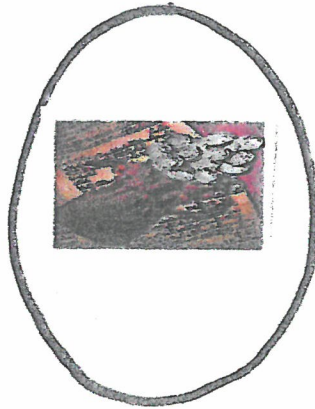
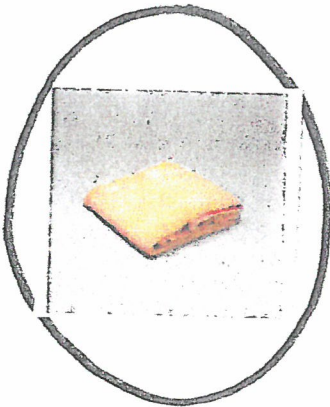
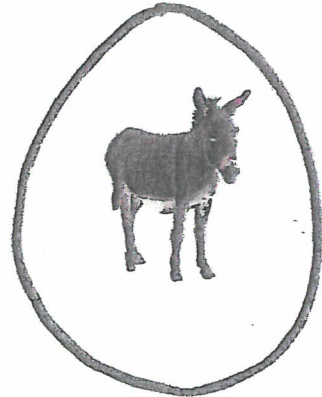
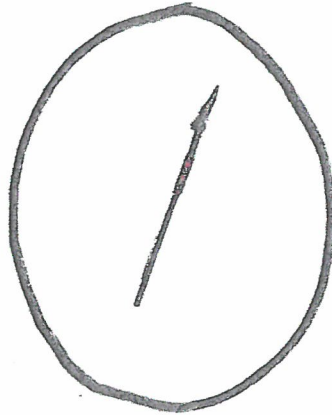
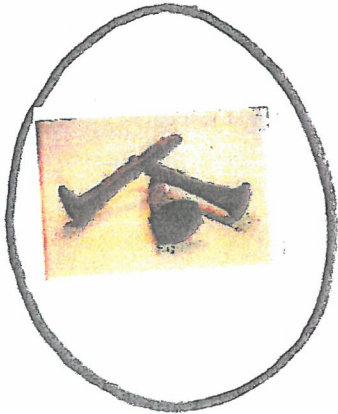
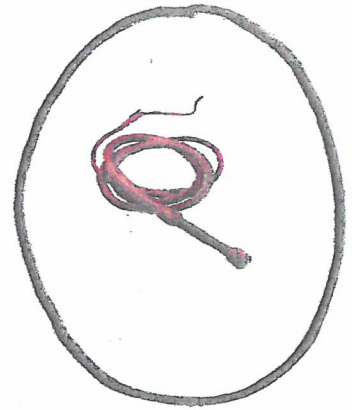
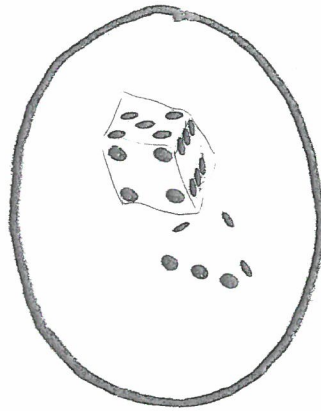
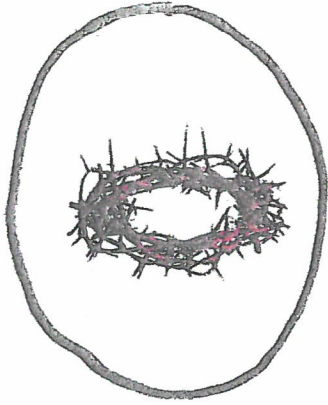


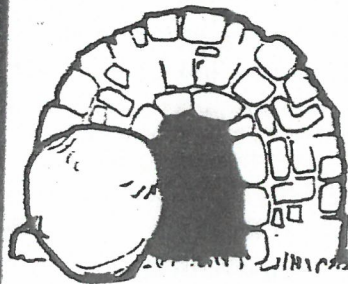
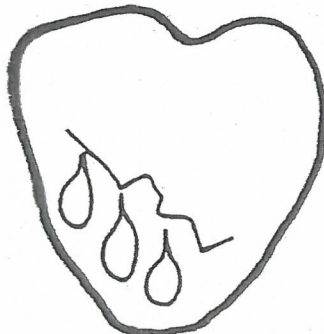
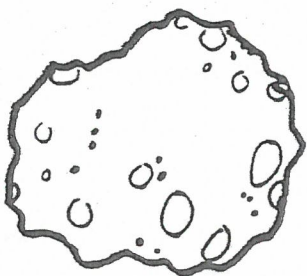
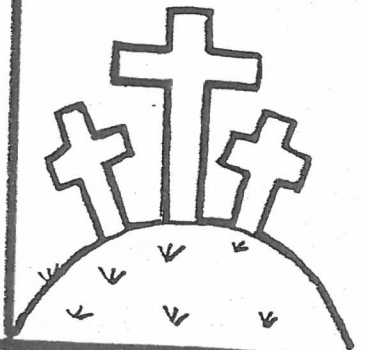
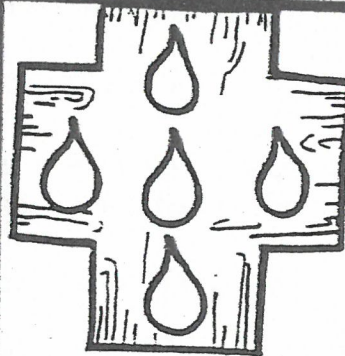
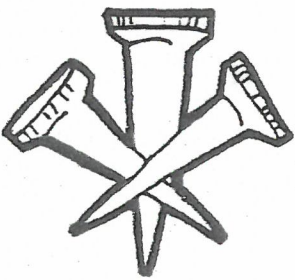
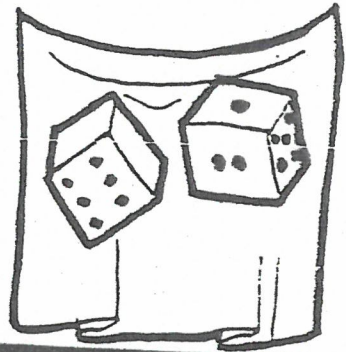
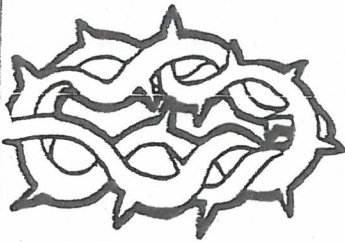
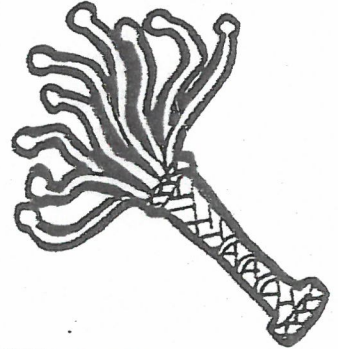
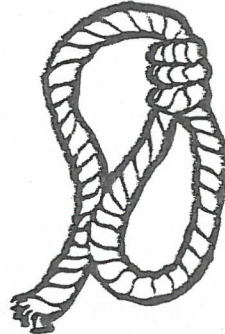
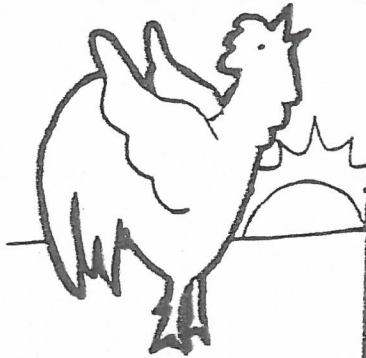
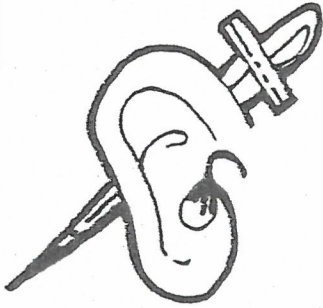
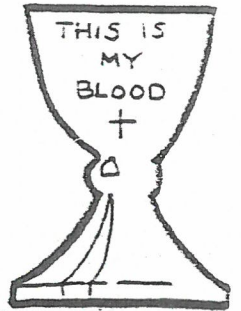
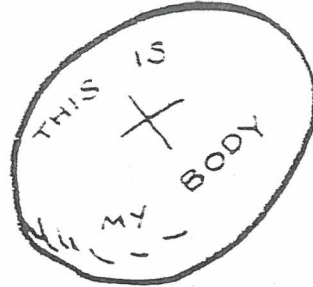
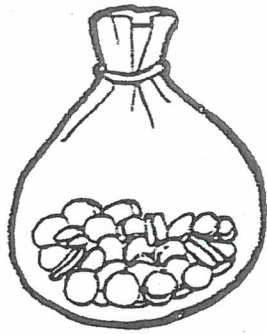


## THE PRETZEL ROMANCE

The architecture of the pretzel was developed by a monk, about 610 A.D., in one of the monasteries of southern France or northern Italy. It seems that with the ends of the dough left over after baking bread, this monk devised a strip of dough from these ends and formed it to represent arms folded in prayer. It was such an intriguing looped twist that he gave it to the adept children for learning their prayers. Eventually this baked twist of dough became the symbol for excellence in many accomplishments and was called in Latin "pretiola" or little reward.

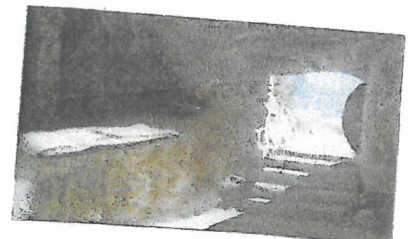
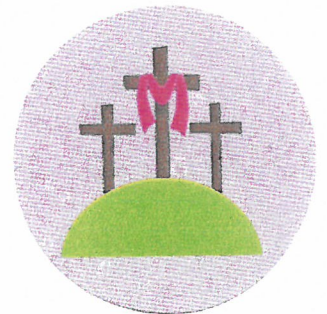
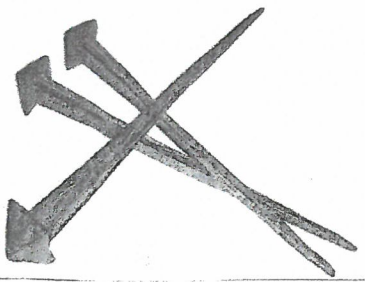
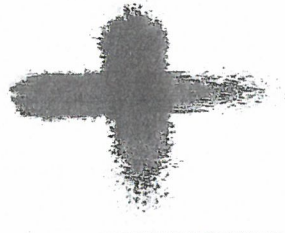
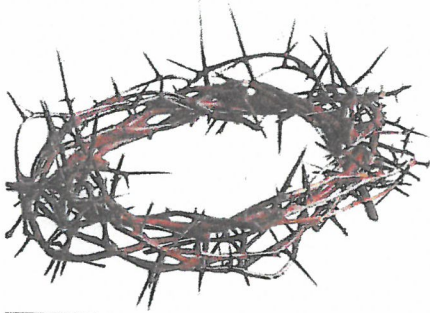
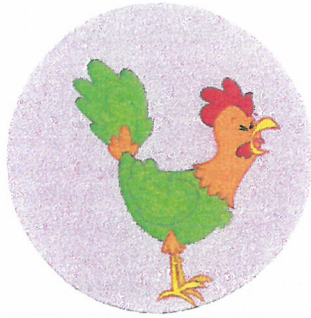
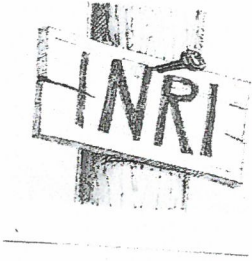
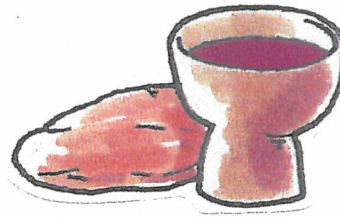
# Resurrection Eggs





## TELLING THE STORY EXPLANATIONS OF THE PICTURES

1. The Palm: The symbol of Palm Sunday. Christ is welcomed joyously into Jerusalem and the people wish to proclaim him King.
2. The Money Pouch: Judas Iscariot accepts 30 pieces of silver from the priests of the temple as payment for his betrayal of Jesus.
3. Bread: At the Last Supper, Jesus changes bread into his Body and asks his apostles to eat it.
4. Chalice: Jesus changes wine into his Blood and tells the apostles to do the same as a remembrance of him.
5. Ear & Sword: Peter cuts off the ear of a servant of the high priest in the garden where they have come to arrest Jesus. Jesus rebukes Peter and heals the man.
6. Crowing Cock: As Jesus predicted, Peter denies having known him 3 times before the cock crows.
7. Noose: Judas hangs himself in despair over his sin of betrayal.
8. Whip: Jesus is scourged by the Roman soldiers.
9. Crown of thorns: The soldiers weave a crown from thorny brambles and place it on Jesus's head.
10. Sorrowing Mary: Jesus meets his beloved mother on the way to calvary.
11. Veil of Veronica: Jesus leaves the image of his face on a cloth Veronica gives him to wipe away the blood and sweat.
12. Dice on red field: The Roman soldiers strip Jesus and cast lots for his robe.
13. Three spikes: Jesus is nailed to the cross—one spike through each wrist, and one through his feet.
14. The Inscription: Against protests from the Jews, the inscription I.N.R.I., Jesus of Nazareth, King of the Jews, is nailed above Jesus' head.
15. Five drops of blood: Symbols of Christ's five wounds—hands, feet, and side.
16. Three Crosses: Jesus' cross is situated between the crosses of two convicted criminals.
17. Sponge: The soldiers offer Jesus sour wine in a sponge when he says, "I thirst." They do not understand that he thirsts for redeemed souls and not for wine.
18. The pierced heart: A soldier pierces Jesus' heart with a spear and water gushes out; his blood has all been shed.
19. The open tomb: Jesus' body taken to a tomb cut from rock; tomb is property of Joseph of Arimathea.
20. Guarded tomb: The tomb is guarded by soldiers at the insistence of the temple priests. They are afraid that Jesus' friends will steal his body and claim that he has risen.



## LENTEN HEART WORDS

Many of you may have heard of the idea of choosing One Word for the year. A word to focus on how you can grow physically, spiritually, financially, and personally. Based on this concept, you might consider choosing a heart word in the different liturgical seasons. Specifically, a Lenten Heart Word. To choose this word, ask God in prayer what is one area in your spiritual life you need growth. Spend time in prayer searching for this word. Once you choose a word, continue to pray with this word, asking God to direct how you can best incorporate this word into your Lenten journey. You should choose a word that makes you feel encouraged and inspired to have your most successful Lent ever. How can we be more deeply transformed this Lent? Lent is about prayer, fasting, and almsgiving—what word comes to mind or might inspire you?

Here are some questions to reflect on in choosing your Lenten Heart Word:

1. What is one word you can live out this Lent to draw closer to Christ and live out Lent more prayerfully?
2. What do you want to change this Lent? What is something you maybe want to do better?
3. Where is an area you need or want growth? Something you want to be better about doing this Lent?
4. What is a quality or characteristic you could develop or incorporate into your life more?
5. What are some words that come to mind when you think about your spiritual life and this Lent?
6. What can you do this Lent that would help you live out your Lenten Heart Word?
7. What three things can you do to make sure you have regular reminders of your Lenten Heart Word?

After you have chosen your Lenten word, hold it close to your heart this Lenten season. Then make a list of ways you can use this word in your Lenten journey. How can this word inspire you to have a deeper prayer life, giving to others, and fasting from those things that separate you from fully encountering the Lord? Write this word down and put it in places where you will be reminded of it daily. Share it with your family and friends so they can encourage you on your journey. As Lent progresses maybe your word changes or is something you want to carry with you throughout the rest of the year, just be open to where God leads you this Lent.

## Journey of Love

The hand of love	write a letter to a friend, a family member
The voice of love	call someone and say "Thank you", "I am sorry, "I love you"
The deed of love	do a kind act for someone
The heart of love	make a list of people you will pray for every day
The mind of love	use this week to read scripture or spiritual book
The victory of love	take a walk, celebrate, eat with friends – let joy fill your life

## Journey to Jerusalem

*"You shall walk in all the way that the Lord God has commanded you, that you may live, and that it may go well with you, and that you may live long in the land that you shall possess." (Deuteronomy 5:33)*

It is approximately 6,454 miles from St. Louis to Jerusalem.

Find a group (classes, parish committee, friends) and each keep track of how far you walk, and collectively try to walk to Jerusalem.

(adults) As you are walking, reflect on questions:

- How has my faith developed throughout the years?
- Were there special people who mentored me in my faith?
- What steps am I taking to strengthen that faith?
- Are there any relationships in my life that need some repair?
- Do I need to simplify my life?
- How can I encourage someone this week?
- Am I taking the time to see and appreciate the people, things, blessings in my life
  - Or am I looking for the fastest, simplest way to get there?
- How do I handle the detours along the way?
- Have you ever spontaneously helped a stranger?
- Consider hopefulness vs. hopelessness. Does outlook affect outcomes?

(children)

- What name for Jesus do I use in prayer?
- What is my favorite title for Jesus' mom, Mary?
- Who is someone that teaches me about God?
- What prayer can I say while walking?
- Is there someone I need to say I am sorry to?
- How can I help someone?
- How can I help my parents? Teachers?
- Who do I need to say I am sorry to?
- Who can I help today in school, at home?

## **Reflective Words**

Forgive	“Today you shalt be with me in Paradise.”
Paradise	“Father, forgive them; for they know not what they do.”
Behold	“My God, my God, why has You forsaken me?”
Forsaken	“Behold, My Son!”
Thirst	“It is finished.”
Hands	“Father, into Your hands I commend my spirit.”
It is finished	“I thirst.”

## **Numbers of Lent**

- 1 We believe that Jesus died and rose for our sins and that believing in Him is the one way to heaven
- 30 Judas betrayed Jesus for 30 pieces of silver. Money is not the most important thing. Money cannot really make us happy.
- 4 points of the cross: God loves us, Jesus died for our sins, Jesus rose, He saves us.
- 2 Jesus sent 2 to fetch him a donkey. Are you ever sent to help someone?
- 3 Peter denied Jesus 3 times. Jesus always forgives us. Can you ask Jesus for forgiveness?
- 5 Five people stayed with Jesus: Mary, Mary’s sister, wife of Clopas, Mary Magdalene, and Disciple John. Can you name 5 people who love you very much?



# Lent 2023

## CALENDAR

Daily At-Home Lenten Activities for Families

FEBRUARY

SUN 19

“But when you pray, go to your inner room, close the door, and pray to your Father in secret.”  
Mt 6:6

Seek out quiet times and places for prayer each day during Lent. Set up a comfortable prayer space in your home. Add a prayer notebook to draw and write prayers in.

THU 23

MON 20

“If you bestow your bread on the hungry and satisfy the afflicted, Then light shall rise for you in the darkness.” Is 58:10

Shop for food items to donate to a parish or community food bank in order to assist those in need.

FRI 24

TUE 21

“Teach me your way, O Lord, that I may walk in your truth.”  
Ps 86:11

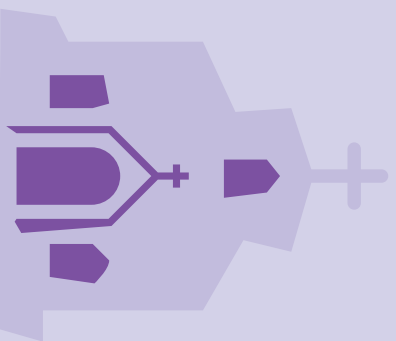
Go for a walk together in a park or other place of beauty. Pay attention to signs of God's creation all around you.

SAT 25

ASH WEDNESDAY 22

“Even now, says the Lord, return to me with your whole heart.” Jl 2:12

Write your Lenten intentions on paper hearts and place them in a bowl or basket so you will be reminded each day to turn to God.



# Lent 2023

Daily At-Home Lenten Activities for Families

## CALENDAR

### FEBRUARY AND MARCH

#### SUN 26

"The Spirit drove Jesus out into the desert, and he remained in the desert for forty days." Mk 1:12

The season of Lent lasts for forty days. Use this or another calendar to count how many 40 days is with younger children. Consider how you will use this time to pray, to ask God for his forgiveness, and to help those in need.

#### THU 2

"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you." Mt 7:7

What does your family need to be happy and holy? Offer a prayer together and bring those needs to God.

#### MON 27

"Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me." Mt 25:40

Look for ways to treat each person you encounter today as you would treat Jesus.

#### FRI 3

"Go first and be reconciled with your brother, and then come offer your gift." Mt 5:24

Talk about any ways in which your family members need to forgive and reconcile with one another. Offer words of forgiveness to one another.

#### TUE 28

"This is how you are to pray: Our Father who art in heaven, hallowed be thy name." Mt 6:9

Offer an Our Father together. Pray it slowly and pay attention to each word and phrase.

#### SAT 4

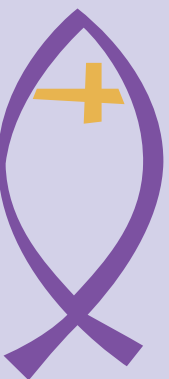
"But I say to you, love your enemies, and pray for those who persecute you." Mt 5:44

Make an effort to be kind and patient today with someone who is difficult to love.

#### WED 1

"A clean heart create for me, O God, and a steadfast spirit renew within me." Ps 51:12

Be aware of your words and actions today. How can you make each one more loving and kind?



# Baptist 2023

## CALENDAR

### Daily At-Home Lenten Activities for Families

#### MARCH

**SUN 5**

"This is my beloved Son. Listen to him." Mk 9:7

How can you listen more carefully to the way Jesus asks you to follow him this week?

**MON 6**

Forgive and you will be forgiven." Lk 6:37

Ask God to show you how to forgive and to ask for forgiveness from others. Pray an Act of Contrition.

**TUE 7**

"The greatest among you must be your servant." Mt 23:11

Look for an opportunity to serve someone else today. Do a chore without being asked. Pick up after someone else. Whatever you choose, do it with love.

**WED 8**

"I am the light of the world, says the Lord; whoever follows me will have the light of life." Jn 8:12

Have an adult family member light a candle. Together, watch its warm glow. How can you let the light of Jesus guide you today?

**THU 9**

"But whoever lives the truth comes to the light, so that his works may be clearly seen as done in God." Jn 3:21

Thank someone today who has been the light of Christ for you.

**FRI 10**

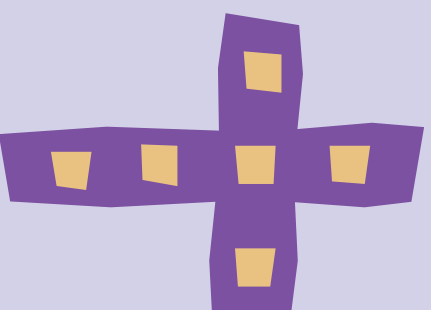
"God so loved the world that he gave his only-begotten Son; so that everyone who believes in him might have eternal life." Jn 3:16

Share the Good News of Jesus with someone else today. Make it happen!

**SAT 11**

"Yet I, like a trusting lamb led to slaughter, had not realized that they were hatching plots against me." Jer 11:19

Pray the Stations of the Cross together and of thanks to Jesus for offering his life for us.



# LENTEN 2023

## CALENDAR

### Daily At-Home Lenten Activities for Families

#### MARCH

**SUN 12**

“Let the one among you who is without sin be the first to throw a stone at her.” Jn 8:7

Be careful of throwing stones at people through unkind words. Think carefully before you speak to make sure your words are filled with kindness and caring.

**MON 13**

“As the deer longs for streams of water, so my soul longs for you, my God.” Ps 42:2

Pray today for families and nations who long for peace. Make an effort to practice peace through your words and actions.

**TUE 14**

“Look to the Lord in his strength; seek to serve him constantly.” Ps 105:4

What tests your strength as a family? Consider how you can you turn your anxieties over to God and serve him through your faith and trust.

**WED 15**

“Whoever obeys and teaches these commandments will be called greatest in the Kingdom of heaven.” Mt 5:19

The greatest Commandment teaches us to love God and to love one another as we love ourselves. Talk about ways you are keeping this commandment in your home.

**THU 16**

“The Lord is close to the brokenhearted.” Ps 34:19

Name some of the “brokenhearted” people in the world. Offer a prayer for their comfort and consolation.

**FRI 17**

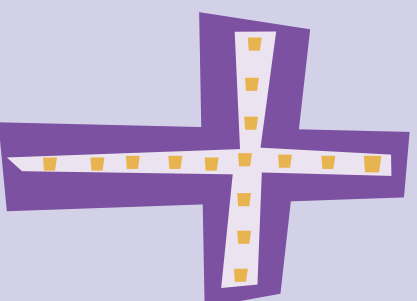
“In the name of the Father, and of the Son, and of the holy Spirit” Mt 28:19

Today is the feast day of Saint Patrick who taught about the Blessed Trinity. Pray the Sign of the Cross together.

**SAT 18**

“For everyone who exalts himself will be humbled and the one who humbles himself will be exalted.” Lk 18:14

Offer to help someone today without expecting anything in return.



# Lent 2023

## CALENDAR

Daily At-Home Lenten Activities for Families

### MARCH

**SUN 19**

“Jacob was the father of Joseph, the husband of Mary. Of her was born Jesus who is called the Christ.” Mt 1:16

Today is the feast of Saint Joseph, who cared for Mary and Jesus. Ask Saint Joseph to pray for your family and to help you care for one another. Wear red today to honor him!

**MON 20**

“You changed my mourning into dancing; O Lord, my God, forever will I give you thanks.” Ps 30:12

Send a card offering cheer and comfort to someone who is sad or lonely.

**TUE 21**

“Jesus said to him, ‘Rise, take up your mat, and walk. Immediately the man became well, took up his mat, and walked.’” Jn 5:8-9

Offer a family prayer for all of those who need healing. Look for ways to bring God’s merciful love to others.

**WED 22**

“And lying at his door was a poor man named Lazarus.” Lk 16:20

Read the parable of the rich man and Lazarus (Luke 16:19-31). Decide on a way your family can reach out to someone who needs comfort and healing.

**THU 23**

“Pray without ceasing.” 1 Th 5:17

Discuss as a family how you can follow Saint Paul’s command. How will you keep Jesus in your minds and hearts each day of the Lenten season and always?

**FRI 24**

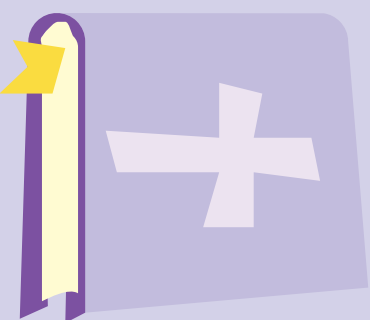
“Father, I have sinned against heaven and against you; I no longer deserve to be called your son.” Lk 15:21

Check your parish bulletin for dates and times of a Lenten Reconciliation service. Make plans to attend, in person or virtually.

**SAT 25**

“Mary said, ‘Behold, I am the handmaid of the Lord. May it be done to me according to your word.’” Lk 1:38

Today is the Solemnity of the Annunciation of the Lord. Offer a Hail Mary together and look to Mary as a model of faith.



# Lent 2023

## CALENDAR

### Daily At-Home Lenten Activities for Families

#### MARCH AND APRIL

**SUN 26**

"I will place my law within them and write it upon their hearts; I will be their God, and they shall be my people."  
Jer 31:33

Talk about ways in which God has blessed your family. How will you live as God's people this week?

**MON 27**

"Walk in all the ways that I command you, so that you may prosper." Jer 7:23

Make each step you take today one filled with love and consideration of others.

**TUE 28**

"So they said to him, 'Who are you?'" Jn 8:25

Who is Jesus in your life? Let this question be a conversation starter about the place of Jesus in your home and family.

**WED 29**

"The Lord is good to all and compassionate toward all his works." Ps 145:9

Practice compassion today by following the example of Jesus. Listen carefully to others and look for ways to share your love with them.

**THU 30**

"You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength."  
Mk 12:30

Share ways in which your family members show love for God with your minds, hearts, souls, and bodies.

**FRI 31**

"And many there began to believe in him." Jn 10:42

Take out the intentions you wrote at the beginning of Lent and reread them. How has your faith in Jesus been strengthened during this holy season?

**SAT 1**

"Stop making my Father's house a marketplace." Jn 2:16

Talk about ways you can show respect when you are in church.



# Lent 2023

## CALENDAR

Daily At-Home Lenten Activities for Families

APRIL

### **PALM SUNDAY 2**

"Those preceding him as well as those following kept crying out, 'Hosanna. Blessed is he who comes in the name of the Lord.'" Mk 11:9

Place palm branches in a place where they will remind you to give praise to Jesus Christ each day this week.

### **MON 3**

"Mary took a liter of costly perfumed oil made from genuine aromatic nard and anointed the feet of Jesus and dried them with her hair." Jn 12:3

Mary of Bethany shared something precious with Jesus. What will you give to others this week that shows your love for Jesus?

### **TUE 4**

"Amen, amen, I say to you, one of you will betray me." Jn 13:21

Reflect today on those times when you have betrayed Jesus by turning away from his call to love and forgive others. Ask for his help in being faithful disciples.

### **WED 5**

"For the Lord hears the poor, and his own who are in bonds he spurns not." Ps 69:34

Lend your ear to someone who is poor in spirit today. Show your care and concern by listening with love and attentiveness.

### **HOLY THURSDAY 6**

"Then he poured water into a basin and began to wash the disciples' feet and dry them with the towel around his waist." Jn 13:5

Perform an act of service today for someone in your home or neighborhood. Do so with a generous and loving heart.

### **GOOD FRIDAY 7**

"And bowing his head, he handed over the spirit." Jn 19:30

Place a crucifix or cross in the place where your family gathers for prayer. Take turns holding it and offering a prayer for all of those who are suffering today.

### **HOLY SATURDAY 8**

"If, then, we have died with Christ, we believe that we shall also live with him." Rom 6:8

Offer a prayer for all of those who will find new life in Christ as they are baptized at the Easter Vigil tonight.

### **EASTER SUNDAY 9**

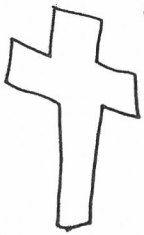
"For they did not yet understand the Scripture that he had to rise from the dead." Jn 20:9

While our Lenten journey has come to an end, the Easter season has just begun! Look ahead to the next seven weeks and how you will continue to reflect and rejoice in the Good News of the Resurrection.

## Symbols of Easter

Ichthus	fishing images resonate with early Christians, these Greek letters were used as an acrostic for: Jesus Christ, Son of God, Savior
Chi-Rho	chi(x) and rho(P) adopted by Christians because these are the first letters in the title "Christ" and the cross shape evokes the crucifixion
IHS monogram	the first three letters of the Greek form of "Jesus"
Lamb with cross	imagery dates back to first Passover, blood of lamb was used to mark houses where the Israelites lived so that the angel of death would pass over
Triquetra	a Celtic symbol that evokes the Holy Trinity
Alpha-Omega	first and last letters of the Greek alphabet are used in the book of Revelation as a title of God





Sacrifice



Love



Prayer



Service



Praise

## Stations of the Resurrection

Jesus rises from the Dead

*Pray for the grace to truly believe.*

The Disciples discover the empty tomb.

*What joy, wonder and fear must the earliest disciples have felt upon discovering the empty tomb?*

The Risen Lord appears to Mary Magdalene, Apostle to the Apostles

*Like Mary, do we cling to the Lord?*

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?*

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.*

The Risen Lord appears to the community of disciples.

*When we gather with two or more people, do we acknowledge Christ's presence?*

The Risen Lord breathes peace and gives the power to forgive.

*Who in my life do I need to forgive more fully?*

The Risen Lord strengthens the faith of Thomas.

*Pray for a deeper, more unquestioning faith.*

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?*

The Risen Lord forgives Peter and entrusts Him to tend and feed His sheep.

*Say a short prayer for the leaders in the church and leaders everywhere.*

The Risen Lord sends the disciples into the world.

*Share the Good News of Christ through giving time to someone.*

The Risen Lord ascends into heaven.

*Take a moment at bedtime and pray for all your relatives and friends who are with the saints in heaven.*

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.*

The Risen Lord sends the Holy Spirit.

*Thank God for the gift of the Holy Spirit to give us wisdom and guide our lives.*



## VIA Lucis, The Way of Light Stations of the Resurrection

### ***Piety in the Life of the Church***

One of the goals of Jubilee 2000 has been a better appreciation of traditional Catholic devotions and the development of new expressions of our popular faith, which reflect the vision and theology that emerged from the Second Vatican Council.

The Latin American Bishops Conference in 1979 described the value of such devotions: "At its core the piety of the people is a storehouse of values that offers answers of Christian wisdom to the great questions of life. The catholic wisdom of the people is capable of fashioning a vital synthesis.... It creatively combines the divine and the human, Christ and Mary, spirit and body, communion and institution, person and community, faith and homeland, intelligence and emotion."

The essential criterion of popular piety is that it extends, but does not replace, the liturgical life of the Church. The Constitution on the Sacred Liturgy of the Second Vatican Council teaches that devotions "should be so drawn up that they harmonize with the liturgical seasons, accord with the sacred liturgy, are in some way derived from it and lead people to it" (Sacrosanctum Concilium §13.3).

Examples of this principle were the liturgical reforms of Vatican Council II which restored the "Paschal Triduum of the Passion and Resurrection of Christ" as the culmination of the entire liturgical year. The "Three Days" begin with the evening Mass of the Lord's Supper on Holy Thursday and close with evening prayer on Easter Sunday night. Prayer—ritual—sacrifice—commemoration—welcome—celebration—mark this intense period with great fervor among the people.

## ***The Via Crucis and the Via Lucis***

In addition to the engaging liturgies of the Triduum, the Way of the Cross, was a popular devotion which thrived throughout the Second Millennium of Christianity. Sometimes referred to by its Latin name, the Via Crucis was prayed usually on Fridays during the Forty Days of Lent, on the other weekdays of Holy Week (known as "Great Week" among the Eastern churches) and on Good Friday. In the early centuries of the Church, pilgrims made a penitential journey to Jerusalem to walk and pray the Stations of the Cross, known as the "via dolorosa" (the way of sorrow). In some contemporary Stations of the Cross, a fifteenth station has been added to commemorate the Resurrection of the Lord.

The Via Lucis, the "Way of Light," emerges for Triduum liturgies in the same spirit of devotion. Also known as the Stations of the Resurrection, this devotion parallels the Glorious Mysteries of the Rosary just as the Via Crucis complement the Sorrowful Mysteries. These stations were discovered in the Catacombs of St. Callistus in Rome.

The Via Lucis is particularly suited for Easter Sunday, for the weekdays of the Easter Octave (known as "Bright Week" among the Eastern churches), and throughout the Fifty Days of the Easter Season.

In a fashion similar to the Via Crucis and the four passion narratives, the Via Lucis reflects upon the final chapters of each of the four gospels, which narrate the appearances of the Risen Lord from Easter to Pentecost. Fourteen "Stations of Light" have been identified.

The Official Vatican prayerbook for the Jubilee Year 2000, *Pilgrim Prayers*, includes a Via Lucis along with the traditional Via Crucis. Both of these complementary devotions are celebrated in the Via Garden at St. John's Center for Youth and Family, Plymouth, Michigan. It is hoped that these resources will help the Christian community, which has so passionately identified with the Crucified Lord in the Via Crucis, walk boldly into the light of the Third Millennium with the Risen Christ!

# ***Stations of the Resurrection***

## **Introduction**

(Tune: *O Filii et Filiae*)

**All:** Alleluia, alleluia, alleluia.  
O sons and daughters, let us sing!  
The King of heav'n the glorious King,  
O'er death today rose triumphing, Alleluia!

† Sign of the Cross

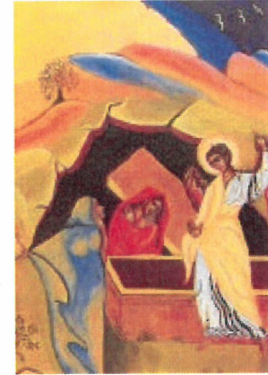
**Reading:** 'For we have grown into union with Christ through a death like His, we shall also be united with Him in the resurrection....If, then, we have died with Christ, we believe that we shall live with Him....Consequently, you too must think of yourselves as being dead to sin and living for God in Christ Jesus: (Romans 6: 5, 7, 11).

**Reflection:** Let us walk this pilgrimage of faith, the *Via Lucis*, as daughters and sons of the light and as witnesses of the Risen Lord. Let us meditate upon the resurrection of Christ and discover the pathway of light that Christ blazes through our lives.

## First Station

### *Jesus Rises from the Dead*

**All:** We adore You, O Christ and we praise You!  
Because by the Wood of the Cross and the  
Light of the Resurrection,  
You have redeemed the world!



**Reading:** "The angel of the Lord said to the women: 'Do not be afraid! I know that you are seeking Jesus the crucified. He is not here, for He has been raised just as He said.'" (Matthew 28: 5b-6a).

**Reflection:** On the first day of the week, at the dawning of the new creation, Jesus arose from the dead. No one saw the event, yet like the apostles, we are called to be witnesses of this central faith event. The light and power of Christ's death and resurrection has become the pattern for our living. May we recognize Christ's dying and rising in our midst.

*Silence*

**Prayer:** This is the day, Lord God, that You have made! Raising Christ from the dead, and raising us with Christ, You have fashioned for Yourself a new people. As we hear the word that brings salvation, make our hearts burn within us. Through the presence of every friend and stranger, reveal to us the face of the One who had first to suffer, but who has entered now into glory, Jesus Christ, our Passover and our Peace, living and reigning with You, forever and ever. Amen.

**All:** Alleluia, alleluia, alleluia.  
That Easter morn, at break of day,  
The faithful women went their way  
To seek the tomb where Jesus lay, Alleluia!

## Second Station

### *The Disciples Discover the Empty Tomb*

**All:** We adore You, O Christ and we praise You!  
Because by the Wood of the Cross and the  
Light of the Resurrection,  
You have redeemed the world!

**Reading:** "Then the other disciple also went in, the one who had arrived at the tomb first, and he saw and believed"  
(John 20: 8).



**Reflection:** The empty tomb was not a proof of the resurrection, but rather a silent witness of the greatest event of our faith. Seeing the empty tomb, the disciples were motivated to seek the Risen Lord at work in their midst. They saw and believed in the continuing presence of the Lord of love. All the empty and lonely places of human life are precisely where the Lord wishes to work and be revealed.

*Silence*

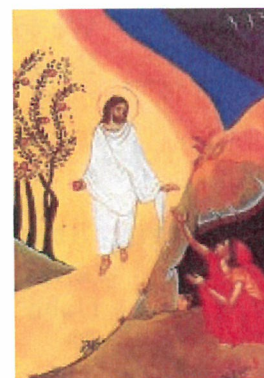
**Prayer:** God our Father, creator of all, today is the day of overwhelming joy. The Lord appeared to those who had begun to lose hope and opened their eyes to what the Scriptures foretold: that first He must die and then rise. May the Risen Lord breathe on our minds and open our eyes that we may know Him in the breaking of bread, and follow Him in His risen life. Grant this through Christ our Lord. Amen.

**All:** Alleluia, alleluia, alleluia.  
The dear belov'd apostle John  
Could faster than St. Peter run,  
Arriving first before the tomb. Alleluia.

### Third Station

#### *The Risen Lord Appears to Mary Magdalen, Apostle to the Apostles*

**All:** We adore You, O Christ and we praise You!  
Because by the Wood of the Cross and the  
Light of the Resurrection,  
You have redeemed the world!



**Reading:** "She turned around and saw Jesus there, but did not know it was Jesus. Jesus said to her, 'Woman, why are you weeping? Whom are you looking for?' She thought He was the gardener and said to Him, 'Sir, if you carried Him away, tell me where you laid Him, and I will take Him.' Jesus said to her, 'Mary!' She turned and said to Him in Hebrew, 'Rabbouni,' which means Teacher. Jesus said to her, 'Stop holding on to Me, for I have not yet ascended to the Father. But go to My brothers and tell them, 'I am going to My Father and your Father, to My God and your God.' Mary of Magdalen went and announced to the disciples, 'I have seen the Lord,' and what He told her" (John 20: 14b-18).

**Reflection:** In the fourth gospel, Mary Magdalen is given the mission to carry the good news of the resurrection to the apostles and the disciples. Mary had been in the company of Jesus and His followers, and is given the privilege to announce the hope of new life. She is known over the centuries as "the apostle to the Apostles." Jesus called her by name, gave her the eyes of faith, and called her to give a unique personal witness to her friends in the faith community.

*Silence*

**Prayer:** God our Father, You will that all people to be saved and come to the knowledge of Your truth. Send workers into Your great harvest that the Gospel may be preached to every creature. May Your people, gathered together by the word of life and strengthened by the power of the sacraments, advance in the way of salvation. We ask this through Christ our Lord. Amen.

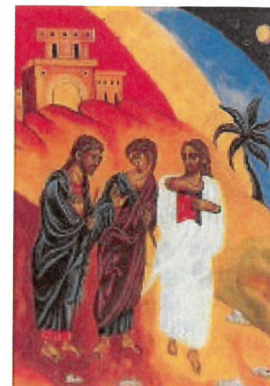
**All:** Alleluia, alleluia, alleluia.  
Not Magdalen, not Salome,  
Nor James' own mother then delay  
Embalming Jesus' corpse that day. Alleluia.



## Fourth Station

### *The Risen Lord Appears on the Road to Emmaus*

**All:** We adore You, O Christ and we praise You!  
Because by the Wood of the Cross and the  
Light of the Resurrection,  
You have redeemed the world!



**Reading:** "...It happened that while they were conversing and debating, Jesus Himself drew near and walked with them, but their eyes were prevented from recognizing Him.... And He said to them, 'Oh, how foolish you are! How slow of heart to believe all that the prophets spoke! Was it not necessary that the Messiah should suffer these things and enter into His glory?' Then beginning with Moses and all the prophets, He interpreted to them what referred to Him in all the scriptures" (Luke 24: 15, 25-27).

**Reflection:** The Emmaus road is the story of the Christian life. These disciples were walking away from Jerusalem and the apostolic faith community in defeat and dejection. They had lost hope. We too, have moments of despair and desolation. The Risen Lord Jesus accompanies us along the road, even when we are moving in the wrong direction. Only the Lord can "break open" the Word in order to help us understand the stories of our lives, especially suffering, and read them in harmony with the pattern of the Scriptures. Only the Lord can rekindle our energy and our resolve to devote ourselves to what is most important in life.

*Silence*

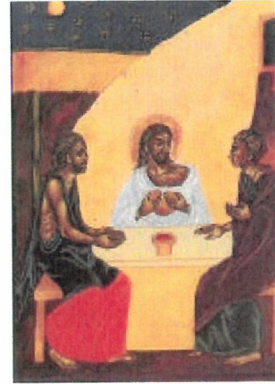
**Prayer:** Lord God, as disciples on our pilgrimage, we implore Jesus Christ: stay with us, Lord. Open our hearts to true conversion and, as we have known the Lord in the breaking of the bread, so make us witnesses of a new humanity, renewed, reconciled and at peace in Your love. Send us as heralds of the repentance and forgiveness You offer to all in the name of Jesus, who lives and reigns with You, forever and ever. Amen.

**All:** Alleluia, alleluia, alleluia.  
That night the apostles met in fear;  
Amidst them came the Lord most dear,  
And said My peace be on all here. Alleluia.

## Fifth Station

### *The Risen Lord is Recognized in the Breaking of the Bread*

**All:** We adore You, O Christ and we praise You!  
Because by the Wood of the Cross and the  
Light of the Resurrection,  
You have redeemed the world!



**Reading:** " ...They urged Him, 'Stay with us, for it is nearly evening and the day is almost over.' So He went in to stay with them. And it happened that while He was with them at table, He took bread, said the blessing, broke it, and gave it to them. With that, their eyes were opened and they recognized Him, but He vanished from their sight. Then they said to each other, 'Were not our hearts burning within us while He spoke to us on the way and opened the scriptures to us'" (Luke 24: 29-32).

**Reflection:** The encounter on the road leads to the table, the breaking of the bread and the total gift of self. Recognition of the Risen Lord is always linked with the Eucharist. At the heart of our Christian life is this meal of Word and Eucharist which we celebrate every Sunday. The Risen Lord presides over all our journeys, wishing to set our hearts on fire in generous service to all people in need, near and far. The gift we have received is the gift we share. Humbly, we set out on the various roads of our lives to respond to all the hungers of the human family.

*Silence*

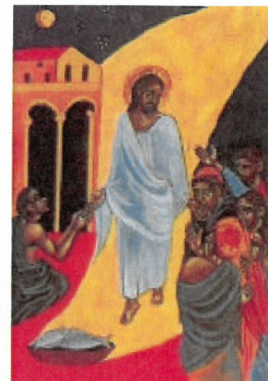
**Prayer:** You are truly blessed, O God of holiness: You accompany us with love as we journey through life. Blessed too, is Your Son, Jesus Christ, who is present among us, and whose love gathers us together. As once He did for His disciples, Christ now opens the Scriptures for us and breaks the bread. May the Eucharist we celebrate guide us to the fullness of Christ's life. We pray in the power of Christ's Spirit, forever and ever. Amen.

**All:** Alleluia, alleluia, alleluia.  
When Thomas, first the tidings heard,  
How they had seen the Risen Lord,  
He doubted the disciples' word. Alleluia.

## Sixth Station

### *The Risen Lord Appears to the Community of Disciples*

**All:** We adore You, O Christ and we praise You!  
Because by the Wood of the Cross and the  
Light of the Resurrection,  
You have redeemed the world!



**Reading:** "Why are you troubled? And why do questions arise in your hearts? Look at My hands and My feet, that it is I Myself. Touch Me and see, because a ghost does not have flesh and bones as you can see I have,' And as He said this, He showed them His hands and His feet" (Luke 24: 38-40).

**Reflection:** The disciples on the road to Emmaus quickly returned to the other disciples in Jerusalem with "burning hearts." Their despair had been reversed and they were eager to convince the others that Jesus was alive. Jesus the Christ is always eager to gather the community of disciples at the table of faith and to show them that He has risen with His wounds glorified. All our wounds will one day be glorified. We seek to understand how the Risen Lord invites us to be "wounded healers," recognizing now that the Lord desires us to be ambassadors of reconciliation, while we ourselves are being forgiven and healed.

*Silence*

**Prayer:** God of unchanging power and light, look with favor and mercy on the entire community of Your Church. Bring lasting salvation to the human family, so that the world may see the fallen lifted up, the old made new, and all things brought to perfection, through Him who is our origin, our Lord Jesus Christ who lives and reigns forever and ever. Amen.

**All:** Alleluia, alleluia, alleluia.  
My wounded side, O Thomas see;  
Behold My hands, My feet, said He  
Not faithless, but believing be. Alleluia.

## Seventh Station

### *The Risen Lord Breathes Peace and Gives the Power to Forgive*

**All:** We adore You, O Christ and we praise You!  
Because by the Wood of the Cross and the  
Light of the Resurrection,  
You have redeemed the world!



**Reading:** "Jesus came and stood in their midst and said to them, 'Peace be with you'... The disciples rejoiced when they saw the Lord. Jesus said to them again, 'Peace be with you. As the Father has sent Me, so I send you.' And when He had said this, He breathed on them and said to them, 'Receive the Holy Spirit. Whose sins you forgive are forgiven them, and whose sins you retain are retained'" (John 20: 19b, 20b-23).

**Reflection:** Even though the doors of the Upper Room were bolted shut, the Risen Lord pierced through all fear and united the hearts of the disciples with the gift of peace. Deep inner peace is the root and source of the peace and joy that the world cannot give. The Risen Lord calls us to seek peace always through a non-violent commitment to conflict resolution and thus transform the world, relationship by relationship.

*Silence*

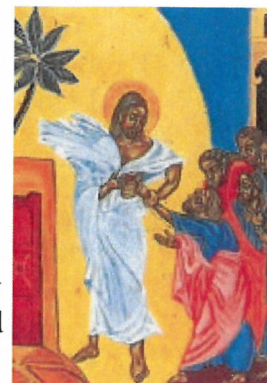
**Prayer:** God of perfect peace, violence and cruelty can have no part of You. May those who are at peace with one another hold fast to the good will that unites them; may those who are enemies forget their hatred and be healed. We ask this through Christ our Lord. Amen.

**All:** Alleluia, alleluia, alleluia.  
No longer Thomas then denied,  
He saw the feet, the hands, the side;  
You are my Lord and God, he cried, Alleluia!

## **Eighth Station**

### ***The Risen Lord Strengthens the Faith of Thomas***

**All:** We adore You, O Christ and we praise You!  
Because by the Wood of the Cross and the  
Light of the Resurrection,  
You have redeemed the world!



**Reading:** "Thomas...was not with them when Jesus came.... Thomas said, 'Unless I see the mark of the nails in His hands and put my finger into the nail marks and put my hand into His side, I will not believe'...Jesus came...and stood in their midst and said, 'Peace be with you.' Then He said to Thomas, 'Put your finger here and see My hands, and bring your hand and put it into My side, and do not be unbelieving, but believe'...Blessed are those who do not see and yet believe." (John 20: 24-29).

**Reflection:** The story of Thomas is important because it is through Thomas' example that we realize that doubt can be a part of faith. Too easily we call him "Doubting Thomas," and forgetting that after examining the nail marks, he fully embraced the Risen One as his Lord and Savior. Thomas' doubt was transformed into a lively faith. We too, are called to believe, knowing full well that our faith may be tested by doubt and fear. As disciples who desire an ever-deeper faith, we are patient and understanding with those who are struggling, searching and seeking like Thomas.

*Silence*

**Prayer:** Heavenly Father and God of mercy, we no longer look for Jesus among the dead, for He is alive and has become the Lord of life. From the waters of death You raise us up with Him and renew Your gift of life within us. Increase in our minds and hearts the risen life we share with Christ and help us to grow as Your people toward the fullness of eternal life with You. We ask this through Christ our Lord. Amen.

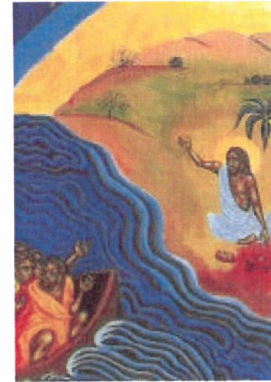
**All:** Alleluia, alleluia, alleluia.  
How blest are they who have not seen,  
And yet whose faith has constant been  
For they eternal life shall win. Alleluia!

## Ninth Station

### *The Risen Lord Eats with the Disciples on the Shore of Tiberias*

**All:** We adore You, O Christ and we praise You!  
Because by the Wood of the Cross and the  
Light of the Resurrection,  
You have redeemed the world!

**Reading:** "Jesus said to them, 'Bring some of the fish you just caught.' So Simon Peter went over and dragged the net ashore full of one hundred fifty-three large fish. Even though there were so many, the net was not torn. Jesus said to them, 'Come, have breakfast.' And none of His disciples dared to ask Him, 'Who are You?' because they realized it was the Lord" (John 21: 10-12).



**Reflection:** After the crucifixion, the apostles returned to their former way of life. Out on the familiar Sea of Galilee, these expert fishers find themselves ineffective and baffled because not even a single fish was caught. From the shore, the Risen Lord guides them and directs their nets until they are filled to overflowing. As He prepares breakfast for them, He nourishes their hearts and promises them that they can also be fed by making disciples in His name. He calls them to an entirely new way of fishing—fishing for people.

*Silence*

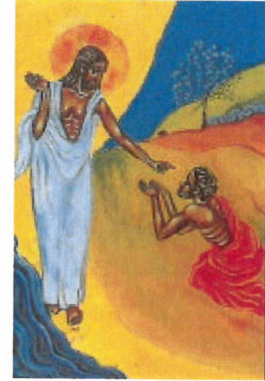
**Prayer:** Father in heaven, author of all truth, a people once in darkness has listened to Your Word and followed Your Son as He rose from the tomb. Hear the prayer of this newborn people and strengthen Your Church to answer Your call. May we rise and come forth into the light of day to stand in Your presence until eternity dawns. We ask this through Christ our Lord. Amen.

**All:** Alleluia, alleluia, alleluia.  
On Sunday morn at break of day  
The sad disciples went their way  
To see the tomb where Jesus lay. Alleluia.

## Tenth Station

### *The Risen Lord Forgives Peter and Entrusts Him to Feed His Sheep*

**All:** We adore You, O Christ and we praise You!  
Because by the Wood of the Cross and the  
Light of the Resurrection,  
You have redeemed the world!



**Reading:** "When they had finished breakfast, Jesus said to Simon Peter, 'Simon, son of John, do you love Me more than these?'... Peter was distressed that Jesus had said to him a third time, 'Do you love Me?' and he said to Him, 'Lord, You know everything, You know that I love You.' Jesus said to him, 'Feed my sheep.... Follow Me' " (John 21: 15, 17b, 19b).

**Reflection:** The Risen Lord directs His attention to Peter whose embarrassing three-fold denial was still ringing in his heart. The questions posed by Jesus help Peter to find reconciliation and to embrace his new mission to tend and feed the sheep. Their encounter reminds us that forgiveness is always available, even for the most serious of mistakes we can make. This warm embrace of forgiveness strengthens our resolve to be reconcilers and healers in the Spirit of Jesus. Only love can overcome guilt and deception. Only love and forgiveness can make us whole.

*Silence*

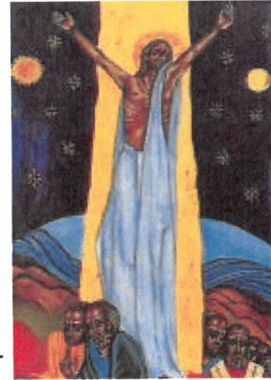
**Prayer:** Father, fill our hearts with the fire of Your love and the desire to ensure justice for our brothers and sisters. By sharing the good things You give us, may we secure justice and equality for every human being, an end to all division, and a human society built on love and peace. Grant this through Christ our Lord.

**All:** Alleluia, alleluia, alleluia.  
An angel clad in white they see,  
Who sat and spoke unto the three,  
Your Lord has gone to Galilee, Alleluia!

## Eleventh Station

### *The Risen Lord Sends the Disciples into the World*

**All:** We adore You, O Christ and we praise You!  
Because by the Wood of the Cross and the  
Light of the Resurrection,  
You have redeemed the world!



**Reading:** "Go therefore, and make disciples of all the nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, until the end of the age" (Matthew 28: 19-20).

**Reflection:** From the mountaintop, the Risen Lord gives the "Great Commission" to the disciples to reach out to the ends of the earth. We realize that we are the recipients of this faith-filled mission: our ancestors embraced the faith of the apostles, who were the original witnesses of the resurrection. The greatest response we can give to such a legacy is our dedication to a new evangelization of our contemporary culture. We must allow the Risen Lord to reinvigorate our whole way of living, helping us to re-evaluate every aspect of our lives with the values of the Kingdom of God.

*Silence*

**Prayer:** God of all creation, whose mighty power raised Jesus from the dead, be present to this community of disciples whom You have called to the hope of a glorious inheritance among the saints. Strengthen us in the power of the Spirit to go and make disciples of all nations, to obey everything that Jesus Christ has commanded us, and to know that He is with us always until the end of the age, interceding on our behalf, living and reigning with You in the power of the Holy Spirit, now and forevermore. Amen.

**All:** Alleluia, alleluia, alleluia.  
And we with Holy Church unite,  
As evermore is just and right,  
in glory to the King of light. Alleluia.

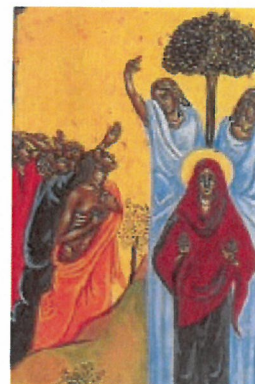


## Twelfth Station

### *The Risen Lord Ascends into Heaven*

**All:** We adore You, O Christ and we praise You!  
Because by the Wood of the Cross and the  
Light of the Resurrection,  
You have redeemed the world!

**Reading:** "So then the Lord Jesus, after He spoke to them, was taken up into heaven and took His seat at the right hand of God. But they went forth and preached everywhere, while the Lord worked with them and confirmed the word through accompanying signs" (Mark 16: 19-20).



**Reflection:** The Scriptures do not portray the Ascension as a day of sadness. While still looking up at the skies, the disciples were consoled by the continuing presence of the Lord. They return to the familiar surroundings of the Upper Room, with Mary, the mother of the Lord, to pray in anticipation of their mission. In this "original novena," we continue to implore the Risen Lord to be the center of our lives and to keep us focused as a jubilant pilgrim people.

*Silence*

**Prayer:** Eternal God, clothe us now with Your power. With the eyes of our hearts enlightened, may we come to understand the immeasurable greatness of Your power at work in us who believe. In that strength, may we boldly pronounce the Good News of our salvation to everyone. We ask this through Christ our Lord. Amen.

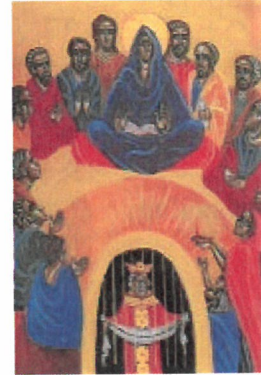
**All:** Alleluia, alleluia, alleluia.  
Our humble thanks to God let's show  
And fitting praise on Him bestow  
For Paschal blessings here below. Alleluia.

## Thirteenth Station

### *Mary and the Disciples Keep Vigil in the Upper Room for the Spirit's Advent*

**All:** We adore You, O Christ and we praise You! Because by the Wood of the Cross and the Light of the Resurrection, You have redeemed the world!

**Reading:** "When they entered the city, they went to the upper room where they were staying.... All [the apostles] devoted themselves with one accord to prayer, together with some women, and Mary, the mother of Jesus, and His brothers" (Acts 1: 13a, 14).



**Reflection:** Throughout the history of the Church, there have been apostolic movements dedicated to prayerful contemplation, and others resulting in transforming action. As we have crossed the threshold into a new millennium, we look to the "Upper Room" as a symbolic place where we return over and over again, so that we can become "contemplatives in action." As persons who are both prayerful and energetic in service to the Gospel, we must always keep vigil for the advent of the Risen Lord, with the flame of faith alive in our hearts. Only the Lord can refresh our spirits and renew us in the ministries that flow from our Baptism and Confirmation.

*Silence*

**Prayer:** Father most holy, see Your Church gathered here in prayerful worship like the first disciples and Mary in the Upper Room. Grant that we may accomplish, in the joy of the Holy Spirit, all that You give us to do in the world. May we gladly share in Christ's sufferings so as to rejoice when His glory is revealed. We ask this through Christ our Lord. Amen.

**All:** Alleluia, alleluia, alleluia.  
On this most holy day of days,  
To God your hearts and voices raise,  
In laud and jubilee and praise. Alleluia!

## Fourteenth Station

### *The Risen Lord Sends the Holy Spirit*

**All:** We adore You, O Christ and we praise You!  
Because by the Wood of the Cross and the  
Light of the Resurrection,  
You have redeemed the world!



**Reading:** "... Suddenly there came from the sky a noise like a strong driving wind, and it filled the entire house. Then there appeared to them tongues as of fire, which parted and came to rest on each one of them. And they were all filled with the Holy Spirit and began to speak in different tongues, as the Spirit enabled them to proclaim"  
(Acts 2: 2-4).

**Reflection:** The power of the Holy Spirit drives the disciples from the Upper Room into the streets and marketplace. The Spirit compels them to take the message everywhere, in places familiar and unfamiliar, not stopping until they reach the ends of the world. We have been clothed with the same Spirit. We are called to be evangelizers and witnesses, near and far, wherever we go. The Spirit always goes before us, preparing the way and strengthening our hearts to be generous servants of the Risen Lord who ever guides us. Pentecost is an enduring and continuing event. We implore the Holy Spirit to renew the face of the earth by renewing us.

*Silence*

**Prayer:** Father in heaven, through this spiritual journey, You have reminded us of the fullness of the mystery of Your revealed love. See Your people gathered in prayer, open to receive the Spirit's flame. May it come to rest in our hearts and disperse the divisions of word and tongue. With one voice and one song, may we praise Your name in joy and thanksgiving. Grant this through Christ our Lord, and in the power of the Spirit, both now and forevermore. Amen.

**All:** Alleluia, alleluia, alleluia.  
O sons and daughters of the Lord,  
The King of glory, King adored,  
From death to life has been restored. Alleluia.

## **Conclusion**

**Reading:** " ... Jesus Himself, through them, sent forth from east to west the sacred and imperishable proclamation of eternal salvation. Amen" (Mark 16:8, the Shorter Ending ).

**Reflection:** Through the Via Lucis, we have shared our pilgrim journey with the Risen Lord. As servants and witnesses of Christ, let us now pray in the way our Savior taught us:

**All:** "Our Father..."

**Prayer:** Lord, may everything we do, begin with Your inspiration, continue with Your help, and reach perfection under Your guidance. We ask this through Christ, our Risen Lord. Amen.

*Sign of Peace*

## ***Personal Stations of the Via Lucis***

As a coda to the pilgrimage of the Via Lucis, three other "personal resurrection stations" are offered for personal reflection, stressing the Marian, Pauline and Johannine dimensions of the Christian life.

### **The Risen Lord Appears to His Mother, Mary**

The Scriptures are silent about any encounter between the Risen Lord and His mother on the Day of Resurrection. Many spiritual traditions, among them the Spiritual Exercises of St. Ignatius Loyola, lead faithful Christians in a meditation about this consoling and touching scene. Mary is the first and the model disciple. She accompanied the Lord from His birth, in His maturity and His ministry, through His death and resurrection. She enjoys the light and company of her Son, as do we on our faith journey.

### **The Risen Lord Appears to Paul on the Road**

In the Acts of the Apostles, Luke three times narrates the story of the revelation of the Risen Lord to Paul on the road to Damascus (see Acts 9: 1-19; 22: 3-16 and 26: 2-18). We can readily identify with the Apostle Paul who never saw the earthly Jesus face-to-face. We can also heartily resonate with the challenging words of the Risen Lord: "Get up now, and stand on your feet. I have appeared to you for this purpose, to appoint you as a servant and witness of what you have seen and what you will be shown" (Acts 26: 16).

### **The Risen Lord Assures All Beloved Disciples**

The author of the fourth gospel concludes his witness to the Risen Lord with this faith-filled statement: "It is this disciple who testifies to these things and has written them, and we know that his testimony is true. There are also many other things that Jesus did, but if these were to be described individually, I do not think the whole world would contain the books that would be written" (John 21: 24-25). In this sense, the Gospel is unfinished. It continues to unfold among us, beloved disciples of the Risen Lord in all times and places.

"Via Lucis" is a component of the award-winning program, *Jubilee 2000*, and was produced by the Archdiocese of Detroit for Year Five, "Living Christ's Presence."

## ***Called to be Crucifers and Lucifers***

At the head of every liturgical procession are important ministers: light bearers (lucifers) and a cross bearer (crucifer). They not only lead us into becoming a worshipping assembly, but also they remind each one of us of our essential identity and our mission to carry the light and the cross which were entrusted to us at our baptism.

The Via Crucis reminds us that we are called to be crucifers. We take up the cross with the Risen Lord who teaches us and accompanies us through the challenges of daily life. The Via Lucis, a contemporary rediscovery of an ancient devotion, highlights the continuing presence of the Risen Lord, as we recognize His guidance and leadership through the events of our living. Walking the Via Lucis makes us lucifers, light bearers in a darkened world. This insight gives a whole new positive meaning to the name "Lucifer" that was limited previously only to Catholic literary traditions' link with the name of the leader of the fallen angels.

Our celebration of the liturgy is meant to be the source and spring as well as the journey through the valleys and mountaintops of our faith. The devotional itinerary through the Via Crucis and Via Lucis echoes the paschal mystery of the death-resurrection of Jesus Christ. Walking the Via Crucis and the Via Lucis helps us to identify with the Lord who always walks ahead, behind and all around us.

Amen! Alleluia!

### **Acknowledgments**

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<i><b>Via Lucis: The Way of Light</b></i>	<i><b>Station</b></i>	<i><b>Via Crucis: The Way of the Cross</b></i>
Jesus Rises from the Dead	I	Agony in the Garden
Women Come to the Tomb Encountering an Angel	II	Betrayal and Arrest of Jesus
Peter and John Visit the Tomb with Mary Magdalen	III	Sanhedrin Condemns Jesus
Jesus Appears to Mary Magdalen	IV	Peter Denies Jesus
Mary Magdalen Proclaims His Rising to the Apostles	V	Pilate Condemns Jesus to the Cross
Jesus Appears on the Road to Emmaus	VI	Jesus is Scourged and Crowned with Thorns
Jesus Gives the Disciples the Power to Forgive	VII	Jesus is Mocked and Given the Cross to Carry
Jesus Confirms the Faith of Thomas	VIII	Simon the Cyrenian Helps Jesus Carry His Cross
Jesus Eats with the Disciples on Tiberias Shore	IX	Jesus Meets the Women of Jerusalem
Jesus Forgives Peter and Commissions Him	X	Jesus is Crucified
Jesus Gives the Great Commission to the Disciples	XII	Jesus Promises Paradise to the Penitent Criminal
Jesus Ascends into Heaven	XII	Jesus Speaks to His Mother and to His Disciple
Mary and the Disciples Keep Vigil for the Spirit's Advent	XIII	Jesus Dies on the Cross
Jesus Sends the Holy Spirit	XIV	The Burial of Jesus

*May we always walk in God's light.*

