

# SUNDAY PLUS

Alleluia!

All of us at Redemptorist Publications wish you and yours the fullness of Easter joy and blessings. Happy Easter!

## Share the living bread

by Bridie Stringer

St Paul's instructions to the Corinthians in today's second reading take us back to the directives in the Book of Exodus (12:14-21) about how the Passover meal is to be prepared and eaten before the escape from Egypt. The bread was not to be leavened with yeast and any yeast stored in the houses was to be removed. Yeast, as we know, is a micro-organism which ferments and produces carbon dioxide and ethanol and it is this process of fermentation which causes uncooked dough to rise prior to baking into bread.

When he writes a letter to the believers in Corinth, Paul gives instructions for an entirely new type of bread, one which is not produced from fermented things but is a living bread, the Body of Christ, now resurrected.

In the Gospel story, we also know that the spices to be used to embalm the body of Jesus are not now needed as he is alive.

In the same way, according to Paul, we, as the new batch of unleavened bread, have sincerity and truth as our main ingredients. We do not need to use old recipes for our Eucharistic celebration as we can give thanks with the simple things that earth has given and human hands have made – the unleavened bread and wine which become for us the bread of life and our spiritual drink, the Body and Blood of the Lord.

And of course, for those who are familiar with baking bread and wrapping it to keep it fresh, we don't need to do this with living bread any more than did Jesus, who discarded the cloths in which he was wrapped and left them lying on the floor of his burial chamber.

Bridie Stringer is married with two daughters, a son-in law and "two adorable grandsons".



Let's say,  
"Jesus is risen"  
with our soul

by Jo Siedlecka

The resurrection story began in pitch dark. No one understood what had happened. Pope Benedict XVI described it as "an explosion of light, a cosmic event linking heaven and earth." But, he said "above all, it was an explosion of love... The resurrection unites us with God and others. If we live in this way, we will transform the world."

Pope Francis said "We proclaim the resurrection of Christ when his light illuminates the dark moments of our existence, and we are able to share it with others; when we know when to smile with those who smile, and weep with those who weep; when we

accompany those who are sad and at risk of losing hope; when we recount our experience of faith to those who are searching for meaning and happiness... and there, with our attitude, with our witness, with our life, we say: 'Jesus is risen,' with all our soul."

Jo Siedlecka's website, Independent Catholic News is at [www.indcatholicnews.com](http://www.indcatholicnews.com)

**Lord of life, let your Son-shine brighten our world today. Allow your Easter light to illuminate even the darkest nooks and crannies of people's lives. Give hope to those who struggle to find meaning in life and courage to those who try to make a difference, sometimes against seemingly impossible odds. Fill us with the joy of your resurrection. ☩ Amen.**

The message  
of Easter

by Paul Higginson

The message of Easter is that Jesus is alive. He is our living Lord. The disciples look for him in the empty tomb but he is not there. He has risen. What a message of great hope for us all! When we pray we are talking to the Risen Jesus, who lives and walks amongst us. He is not a distant figure in some far off

world. He knows us inside out, has numbered the hairs on our head and loves us more than we can ever imagine. Jesus shows us today that death is not the end. It was not the end for him and it won't be the end for us. Take time today to share your hopes and fears for the future with the risen Lord – speak to him as to a friend and remember the promise he has given us: "I am with you always, to the end of the age." Happy Easter!

Paul Higginson is the Assistant Principal at the Catholic Sixth Form College in Harrow and has been a parish catechist for thirty years.

**"Let us allow the joyous wonder of Easter Sunday to shine forth in our thoughts, glances, behaviour, gestures and words... But this is not just cosmetic! It comes from within, from a heart immersed in the source of this joy, like that of Mary Magdalene, who wept over the loss of her Lord and could hardly believe her eyes seeing him risen."**

Pope Francis

Today:  
Acts 10:34, 37-43  
Colossians 3:1-4 or 1 Corinthians 5:6-8  
John 20:1-9

Monday:  
Acts 2:14, 22-33  
Matthew 28:8-15

Tuesday:  
Acts 2:36-41  
John 20:11-18

Wednesday:  
Acts 3:1-10  
Luke 24:13-35

Thursday:  
Acts 3:11-26  
Luke 24:35-48

Friday:  
Acts 4:1-12  
John 21:1-14

Saturday:  
Acts 4:13-21  
Mark 16:9-15

Next Sunday:  
Acts 2:42-47  
1 Peter 1:3-9  
John 20:19-31