

Mindful Colouring

Rising from the Dead

As we light this candle
And ring the bell
We pray that God is with us this day.

Close your eyes
Place your hand on your belly. Notice your breathe as your belly moves.
Breathe in through your nose and out
Through your mouth.
Breathe in and breathe and out
Repeat for 1 minutes.

Sign of the Cross - in the name of the Father, Son and Holy Spirit. Amen.

Invite participants to begin colouring.... While colouring, take it in turns one at a time to share for 3,4, or 5 minutes.....
“How are you? Do not talk while others speak, but just listen.....”



Song Play list while colouring....

https://www.youtube.com/playlist?list=PLsvDuzoHg-g_krADev1Qe0WaakRuu8Yj

Scripture - John 20:1-9

Assign different readers to read the different colours below....

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

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

Scripture Reflection - By Bishop Vincent Long -

Take it in turns to read a paragraph...

At Easter, we hear these words of the Risen Lord who empowers Mary of Magdala to overcome fear and to proclaim the Good News to others. She is known as an apostle to the apostles.

At the heart of the Easter message is the summons to a new future, framed with hope and possibility, in the midst of entrenched hopelessness. As with Mary and the disciples, who were emboldened to move from the shadows of crucifixion into the light and life of the Risen Christ, the Church must live this message.

The Gospel speaks of the bewilderment and disillusionment of the disciples as they were confronted with an empty tomb. Perhaps, their experience was not unique. Many today also go searching for Jesus in the Church and instead find it empty and void of what they thirst for.

It is incumbent on us especially as leaders to make the Church into a place where people can meet and experience the Risen Lord. We must not remain a closed system. For we encounter the living Christ beyond the known boundaries of our worldview. We meet him as a community of seekers of truth, meaning and ultimate concern. More importantly, we witness to him in our acts of solidarity, communion and service to the common good.

This transition time calls us to grieve before we can emerge cleansed, renewed and transformed. Mary wept at the sight of the empty tomb. We too must grieve for those whose experience has been one of exclusion, instead of an encounter of radical love, inclusiveness, and solidarity.

Pope Francis recently called on the Christian communities to sow seeds of love instead of issuing theoretical condemnations.

We must die to the old ways of being Church abandoning the old paradigm of a fortress Church, prone to exclusivity and elitism. Instead, we learn to rise to Christlike ways of humility, inclusiveness, compassion.

May we be strengthened to walk the journey of faith and we may be leaven to the Kingdom through our active discipleship, witness, and engagement in the world. Let us have the courage of Mary and be truly Easter men and women bringing to life the Good News in our Church and our world.

Silent Reflection

Silently reflect on the today's scripture passage and its meaning for us today. Reflect on the questions for reflection.

Discussion - *You may choose to answer some of the following questions...*

1. What words from the Gospel reflection have stayed with you? Why?
2. What has just happened in the story?
3. What do you think? Did Jesus rise from the dead?
4. What role does Mary play?
5. In what ways does the Easter message encourage us to find hope and possibility in situations of hopelessness?
6. Discuss the importance of stepping beyond our known boundaries to meet the living Jesus Christ in our community and world.
7. How can the experience of finding the Church "empty" lead to a deeper search for the Risen Lord?
8. What does the process of grieving losses and injustices within our communities teach us about transformation and renewal?
9. In what ways have you experienced or observed exclusion within your own communities, and how can this be transformed into an encounter of radical love and inclusiveness?
10. Reflect on Pope Francis's call to sow seeds of love. How can this be applied in your own life and community to counteract theoretical condemnations or judgements?

Prayers of the faithful - *Take it in turns to read a prayer below...*

1. Let us pray for our communities, for people like Mary of Magdala, they may be emboldened to overcome fear and proclaim the Good News with courage and clarity. May they lead us in the path of hope and new possibilities, especially in times of despair.

Lord, in your mercy, hear our prayer.

ALL - Lord hear our prayer.

2. Let us pray for all who feel disillusioned or abandoned by the Church, that they may find in its community a true encounter with the Risen Lord. May our parishes become oases of radical love, inclusiveness, and solidarity, reflecting the boundless mercy of Christ. Lord, in your mercy, hear our prayer.

ALL - Lord hear our prayer.

3. Let us pray for those among us who are tasked with leadership, our Bishops, in the Church and in the world, that they may be inspired by the Holy Spirit to open the doors wide to dialogue, acceptance, inclusiveness, and transformation, making the Church a living testament to the risen Christ. Lord, in your mercy, hear our prayer.

ALL - Lord hear our prayer.

4. Let us pray for all who suffer from exclusion, loneliness, and injustice, especially within the Body of Christ, that they may experience healing through our acts of service, communion, and solidarity. May we grieve with them and support them in their journey towards renewal and inclusion. Lord, in your mercy, hear our prayer.

ALL - Lord hear our prayer.

5. We pray in thanksgiving for the gift of hope and the promise of resurrection, that we, like the disciples, may be witnesses to the life-changing presence of the Risen Lord in our lives. May we sow seeds of love in our words and actions, as Pope Francis calls us to, building the Kingdom of God here and now. Lord, in your mercy, hear our prayer.

ALL - Lord hear our prayer.

5. Are there any other prayer?

Closing prayer

Loving God, as we reflect on the journey from darkness to light embodied in the Easter story, inspire us to follow in the footsteps of Mary of Magdala, becoming beacons of hope and messengers of the Good News in our world. Strengthen our faith and renew our spirits, that we might witness to Your transformative love through acts of kindness, solidarity, and service. May we embrace the challenges and opportunities of being Your Church (God's people) today, sowing seeds of love where there is division, and building bridges of understanding where there is estrangement. In the spirit of the Risen Christ, we ask for the grace to be agents of resurrection and hope, today and always. Amen.

Sign of the Cross - in the name of the Father, Son and Holy Spirit. Amen.