

# FAITH @ Home

Diocese of Waterford & Lismore

Celebrating and supporting faith, hope and love in the heart of the family!



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DIVINE MERCY SUNDAY

Year B

## Sunday Mass Readings

### First Reading:

Acts 4:32-35

### Responsorial Psalm:

Psalm 117(118):2-4, 15-18, 22-24

### Second Reading:

1 John 5:1-6

### Gospel:

John 20:19-31

*"You believe because you can see me. Happy are those who have not seen and yet believe"*



The Incredulity of Saint Thomas, Caravaggio, Public domain, via Wikimedia Commons

## Hear

Grab your Bible and look up the Gospel reading. Don't have one? No worries, you can find this week's readings [here](#).

If you have children, you might like to [this animated video](#) of the Gospel.

## Pray

*"Peace be with you."* These are Jesus' words in today's Gospel. Take some time, silently, to recall moments in your life where you have doubted Jesus, like Thomas. Reflect on times in the past where it was difficult to see Jesus' presence with you. Looking at those situations now, can you see how Jesus was working in your life to show you how much He loves you?

Read the poem [Footprints](#) as a reminder that God is always with you, even in times when you think He has left you.

## Talk

Find some time this week to share with one another as a family about what is happening in each of your lives that makes you feel scared, anxious or doubt your faith.

- Why do you think that feelings like this are part of our faith journey?
- How can we turn to our families and communities for prayer and support?
- What can we do to continue to grow in trust and compassion when we encounter those who might be experiencing these feelings too?

## Family Challenge!

Learn the Divine Mercy Chaplet that Jesus taught to St Faustina this week. Check out this [video](#) with the words of the prayers produced by Holy Family Mission.

# Kids' Corner

Check out page 3 for a picture to colour & celebrate the Divine Mercy!

**Mission:** Try praying the short prayer "Jesus I trust in you!" in your heart throughout the day, especially if you are worried about anything! Here are [some ideas for celebrating Divine Mercy](#).  
**Sunday:** or enjoy some [Divine Mercy Ice-cream](#) or [pancakes!](#)

**Song of the Week!**  
**DIVINE MERCY CHAPLET**

Please email us at [faithathome@waterfordlismore.ie](mailto:faithathome@waterfordlismore.ie) [or click the [subscribe](#) button] if you would like to receive Faith@Home direct to your inbox each week!

"To the Heights" Post-Primary / Youth Version also available: click [SUBSCRIBE](#) / email [youthministry@waterfordlismore.ie](mailto:youthministry@waterfordlismore.ie)

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## EVENTS

Diocese of Waterford & Lismore presents



# QUO VADIS?

CATHOLIC ZOOM SERIES FOR YOUNG ADULTS AGED 18-35

**Sr Clare:** *Alone with Christ Alone!*

Four week series on the inspirational life of Sr Clare Crockett, presented by the Servant Sisters of the Home of the Mother

Sundays: 7 - 8pm  
11th April - 2nd May

Contact [events@waterfordlismore.ie](mailto:events@waterfordlismore.ie) / 085 8623704 for more information

[www.waterfordlismore.ie](http://www.waterfordlismore.ie) [AscendWaterfordLismore](#) [AscendWaterfordLismore](#)



## THE LOVE STORY CONTINUES

The Resurrection of Jesus was the most important event in the history of the world. When the Lord appeared in the "Upper Room" to the apostles pointing out His wounds in today's Gospel, it was to demonstrate He was the Crucified Christ and to show He had risen from the dead. He greets them with the words: "Peace be with you". These are words of reconciliation and forgiveness. The apostles had fled and denied him, they were ashamed and hiding in the upper room for fear of the Jews. With these words, Jesus restores them to his friendship. He then bestowed on the apostles the power to forgive sins, and to reconcile people with God.

This weekend, the Second Sunday of Easter, is also known as Divine Mercy Sunday. Devotion to the Divine Mercy is associated with St Faustina Kowalska. In 1931, Jesus appeared in another room, this time the room of the young nun in Poland, again showing His wounds, emphasising the power of those wounds as rays of love and mercy. Jesus told her: "I am sending you with My mercy to the people of the whole world. I do not want to punish mankind, but I desire to heal it, pressing it to my merciful heart". She saw blood and water flowing from the heart of Jesus as a fountain of mercy for the whole world. Jesus asked that the first Sunday after Easter be a dedicated Feast of His Mercy. He asked her to teach the world again of why he died on the Cross. He died to give sinners another chance of obtaining God's Divine Mercy, and to pardon their sins if they confessed them and returned to living by God's commandments. He was also reminding mankind that by His death on the Cross, Divine Mercy was possible for all. The story of God's love for us continues after Easter.

The person that appeared to the apostles in the Upper Room was the resurrected Christ. The Resurrection was the start of the Christian Church. The image through which Jesus appeared to Saint Faustina was the same image that started the Christian Church. His appearance to Saint Faustina was intended to renew the Church, to renew belief in the Cross, in the Resurrection, and in God's offer of salvation to all.

Adapted from [www.divinemercury.org](http://www.divinemercury.org)

## Family Prayer

*Eternal Father, I offer You, the Body and Blood, Soul and Divinity of Your dearly Beloved Son, our Lord Jesus Christ, in atonement for our sins and those of the whole world!*

*For the sake of His sorrowful passion, have mercy on us and on the whole world!*

**Carlo's Corner**  
**MERCY IS EVEN GREATER THAN FORGIVENESS**  
 Mercy is loving the unlovable and forgiving the unforgivable. - Fr Chris Alar



*Blessed Carlo Acutis*  
*Pray for us!*

Do you ever struggle with trying to comprehend God? If the answer is yes, that's not surprising! God is all-powerful, all-knowing - He is unfathomable, too big for our little human brains to comprehend! But we can know what He has revealed to us. God wants us to know Him, and to love Him, and know that He loves us, totally and completely.

God is Good, God is Truth, God is Love and God is Mercy. Mercy can be difficult for us to fathom - Fr Chris does a great job explaining it in this week's video.

Maybe sometimes you wonder what is the answer to pain, and suffering and confusion in the world? Jesus is the answer, Jesus the Divine Mercy. Divine Mercy is the answer, the solution to all our questions, our worries, our struggles. Like in the Gospel, Jesus comes to us too to bring us peace. That peace is ours to accept or reject. His mercy is ours to accept or reject.

Jesus revealed His Divine Mercy to St Faustina in the 1930s so the world would know it can always come back to His heart and ask for forgiveness, and even more, for mercy! Jesus, I trust in You!

- ▶ [What is Mercy? Fr Chris Alar](#)
- ▶ [Divine Mercy Sunday \(Mark Hart\)](#)
- ▶ [Help My Unbelief \(Audrey Assad\)](#)

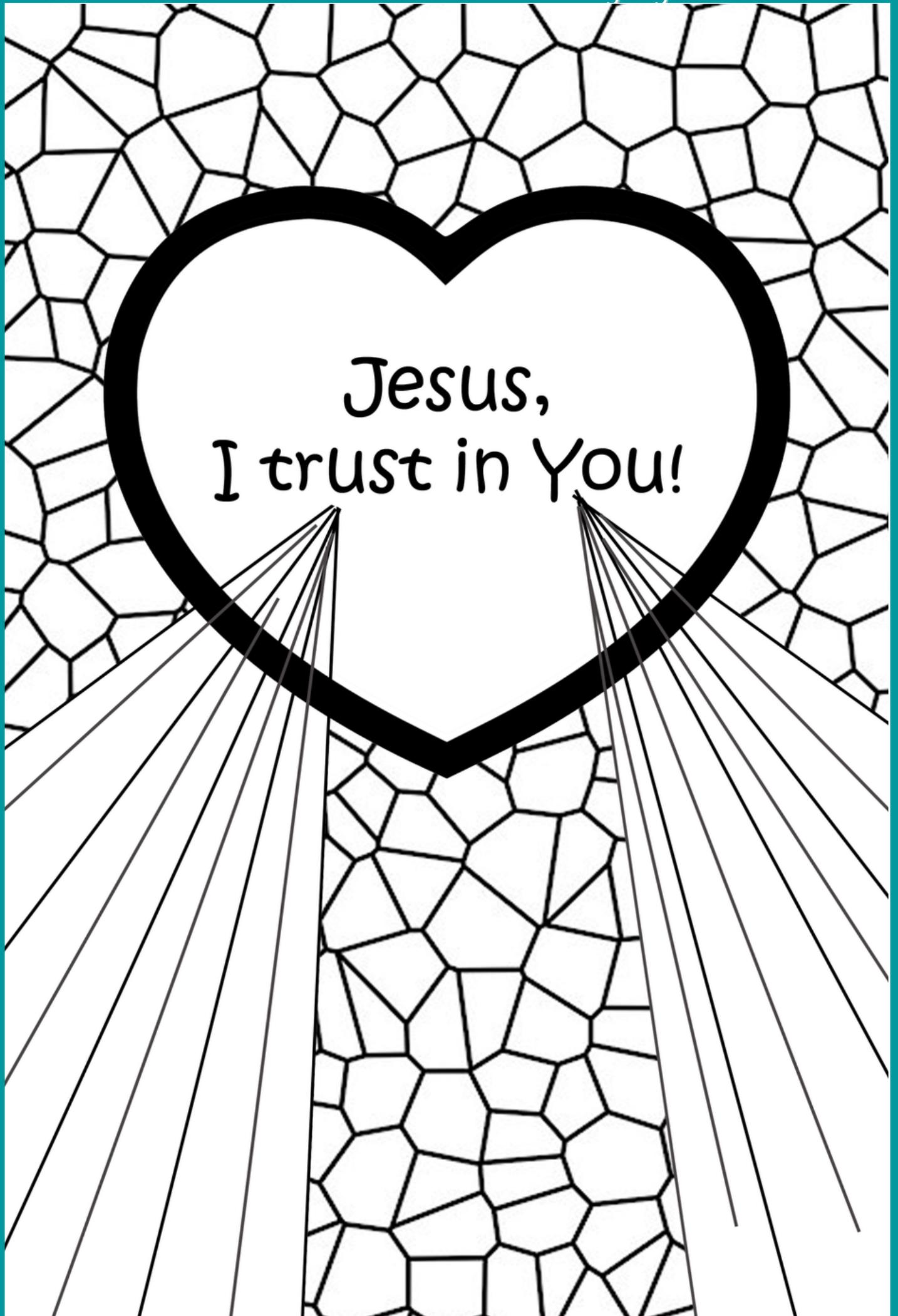
▶ Use the attached Divine Mercy handout to guide your prayer and reflection time



## CHECK IT OUT: RISKING ENCHANTMENT



*Risking Enchantment is a new Irish media outreach, featuring discussion on beauty in art and culture and its place in the Catholic faith. The show is hosted by Rachel Sherlock, and she is joined every week by a friend to dive into a particular theme or topic. They discuss literature, music, poetry, art, architecture and more, and talk about how experiencing these can hint at the transcendental and better inform our Catholic faith and how we live it out.*





# St Faustina and Divine Mercy



JESUS REVEALED HIS DIVINE MERCY IN THE 1930S - WHY DID THE WORLD NEED SUCH A STRONG REMINDER OF GOD'S LOVE AND MERCY AT THAT TIME?



## WHO WAS ST FAUSTINA?

Saint Maria Faustina was born in a village in Poland in 1905. Her birth name was Helena Kowalska. Her family was poor but prayerful and she only had a basic education. As a child Helena was very devoted to Jesus and felt a call to be a nun, but in her teenage years she became distracted with friends and social life. One night things changed forever for her when Jesus appeared to her, covered in wounds, while she was at a dance with her friends and asked, "How long will you put me off?" She left immediately and after some difficulty finally was accepted by the Congregation of Sisters of Our Lady of Mercy in Warsaw, Poland. Her health was never strong and she performed the humblest tasks in the convent, usually in the kitchen or garden. However, she received extraordinary messages from Jesus. Jesus asked Sr. Faustina to record these experiences, which she compiled into notebooks. These notebooks are known today as the Diary of Saint Maria Faustina Kowalska (Divine Mercy in my Soul).

## WHAT IS THE MESSAGE OF DIVINE MERCY?

The message of The Divine Mercy is simple: God loves us and He wants us to truly know that His mercy is greater than our sins, so that we will call upon Him with trust, receive His mercy, and let it flow through us to others. "The greater the sinner, the greater the right he has to My mercy." (723) Use ABC to help you remember the message!

**A**sk for His Mercy. God wants us to be sorry for our sins and ask Him to pour His mercy out on us and upon the whole world.

**B**e merciful. God wants us to receive His mercy and in turn be merciful to other.

**C**ompletely trust in Jesus. "The more a soul trusts, the more it will receive." (1578)

## WHAT DOES THE IMAGE MEAN?

In 1931, our Lord appeared to St. Faustina in a vision. She saw Jesus clothed in a white garment with His right hand raised in blessing. His left hand was touching His garment in the area of the Heart, from where two large rays came forth, one red and the other pale. He asked that an image would be painted of this, with the signature: "Jesus I trust in You" at the bottom, calling it a vessel He was offering people with which they are to keep coming for graces to the fountain of mercy. He said: "The two rays denote Blood and Water. The pale ray stands for the Water which makes souls righteous. The red ray stands for the Blood which is the life of souls." We can think of the blue ray as representing baptism and reconciliation, washing our souls clean, and the red ray as the Eucharist which is our spiritual nourishment.

## WHEN IS DIVINE MERCY SUNDAY?

Divine Mercy Sunday is celebrated on the Second Sunday of Easter. This day was instituted and promoted by Saint Pope John Paul II beginning on April 30, 2000. St. Faustina was also canonised on April 30, 2000.



### JESUS, I TRUST IN YOU!

YOU CAN PRAY IT EVERY DAY, OR EVEN JUST ONE DECADE OF IT!

# The Chaplet of Divine Mercy



THE DIVINE MERCY CHAPLET IS OFTEN PRAYED AT 3PM: WHY IS THAT? FIND OUT IF YOU DON'T KNOW!

## HOW DO I PRAY THE DIVINE MERCY CHAPLET?

**Make the Sign of the Cross:** In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

*You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.*

*O Blood and Water, which gushed forth from the Heart of Jesus as a fountain of Mercy for us, I trust in You! (x3)*



**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, Amen.

**Hail Mary,** full of grace. The Lord is with thee. Blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death, Amen.

**The Apostle's Creed:** I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; He descended into hell; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father almighty; from there He will come to judge the living and the dead. I 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. Amen.



• On each of the Our Father beads:

**Eternal Father,** I offer you the Body and Blood, Soul and Divinity of Your Dearly Beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world.

• On the Ten Small Beads:

**For the sake of His sorrowful Passion,** have mercy on us and on the whole world.

**Holy God,** Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world. (x3)

**Eternal God,** in whom mercy is endless and the treasury of compassion – inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy will, which is Love and Mercy itself.



## CHECK OUT THE FOLLOWING RESOURCES ON THE DIVINE MERCY:

 [Pray the Divine Mercy Chaplet with the young people at Holy Family Mission](#)

 [What is Mercy? Fr Chris Alar](#)

 [Divine Mercy Sunday 2020 Reflection by Bishop Phonsie Cullinan](#)

 [Divine Mercy Sunday: Prove It \(Mark Hart\)](#)

 [Witness of Mercy: The Story of Jennifer Trapuzzano](#)

### SOME SONGS TO HELP US UNDERSTAND GOD'S MERCY:

[Chris Tomlin: At the Cross Love Ran Red](#)

[Jesus Army: Thank You](#)

[Hillsong United: None But Jesus](#)



**WHY WAS THE DIVINE MERCY DEVOTION SO PARTICULARLY SPECIAL TO ST JOHN PAUL II?**

HINTS: HOMELAND, ERA, MESSAGE OF MERCY, 1980 ENCYCLICAL, FIRST SAINT OF NEW MILLENIUM, DATE OF HIS DEATH



**IF YOU COULD ASK ST FAUSTINA ONE QUESTION - WHAT WOULD YOU ASK HER?**



**COPY THE SHORT PRAYER: "JESUS I TRUST IN YOU!" AND PUT IT SOMEWHERE IN YOUR ROOM YOU WILL SEE IT EVERY DAY.**



**LOOK UP SOME OF THE MESSAGES JESUS SHARED WITH ST FAUSTINA**