

# FAITH

# @Home

18 APRIL 2021 | VOL.26

Diocese of Waterford & Lismore

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



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3RD SUNDAY OF EASTER

Year B

## Sunday Mass Readings

### First Reading:

Acts 3:13-15, 17-19

### Responsorial Psalm:

Psalm 4:2,4,7,9

### Second Reading:

1 John 2:1-5

### Gospel:

Luke 24:35-48

"Look at my hands and  
feet; yes, it is I indeed"



<https://www.flickr.com/photos/mufan96/5661535413>

## Hear

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

Children and adults will enjoy this [video](#) clip of the Resurrection.

## Pray

As you read the Gospel, place yourself in the story, among the disciples encountering the Risen Christ. Imagine the scene. Who do you see around you? What do you see, smell, hear, and feel? What is the mood like? What do you notice? How do you react upon seeing Jesus alive again? Read the Gospel *slowly*, then, pause for a minute or two of silence. Let the Holy Spirit speak.

Jesus says "*Peace be with you.*" What does this mean to you? How can these words be applied to your life today?

## Talk

In the final words of the Gospel Jesus says "*You are witnesses to this*" (referring to His Resurrection). We are reminded that we are witnesses to all the good things God has done and continues to do for us. Consider the following questions:

- How do we share/give witness of our faith to others? If you can, share an example.
- Do you ever feel afraid about sharing, or hesitate to share, about your faith and the things God is doing in your life with others? Why do you think this is?

## Family Challenge!

Enjoy some good quality time together as a family this week. You could share a meal together while turning phones and TV off.

**Mission:** Jesus explains the Scriptures to his disciples in today's Gospel, so that they would really understand what His mission was about. Make an extra special effort this week to listen to the readings at Mass, asking Jesus to help you to understand!

**Song of the Week!**  
**PEACE LIKE A RIVER**

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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## WE TOO ARE WITNESSES

On the third Sunday of Easter, we continue to hear Gospel accounts of Jesus' appearances to his disciples following his Resurrection. Today's reading, taken from the Gospel of Luke, follows immediately after the report of Jesus' appearance to his disciples on the road to Emmaus. This is the event being recounted by the disciples in the opening verse of today's Gospel.

In the reports of his appearances after the Resurrection, Jesus constantly greets his disciples with the words, "Peace be with you." This is a most appropriate greeting. The disciples had witnessed the death of someone they loved, and they now fear for their own lives as well. Peace is what they need more than anything else.

Even as they hear Jesus' greeting of peace, the disciples are terrified. They are uncertain about what to make of the figure before them and, quite understandably, they mistake Jesus for a ghost! But the figure before them is not a ghost. Jesus invites them to experience his resurrected body with their senses, to look and to touch his wounds for themselves. The figure before them is flesh and bone, still bearing the marks of crucifixion. Although the disciples cannot forget his suffering and death, peace begins to take root in their hearts, as their fears turn to joy and amazement.

As further proof of his identity and of his resurrected body, Jesus eats with his disciples. The disciples have known Jesus best through the meals that he shared with them. By eating with his disciples after his Resurrection, Jesus recalls all of the meals they shared together, the most important of which was the Last Supper where Jesus instituted the Eucharist. Having shared a meal with his disciples, Jesus then reveals to them the significance of what was written about him in the Scriptures.

So, too, our celebration of the Mass is an encounter with Jesus, through the Word and the Eucharist. As Jesus commissions his disciples to be witnesses to what Scriptures foretold, the celebration of the Eucharist commissions us to be witnesses in the world today.

Reflection Source: [Loyola Press](#)

## EVENTS

**Quo Vadis: Catholic Zoom Series for Young Adults** aged 18-35. Sundays 7-8pm, April 11th - May 2nd. "Sr Clare: Alone with Christ Alone!" A four-part series on the inspirational of Sr Clare Crockett, presented by the Servant Sisters of the Home of the Mother. Contact [events@waterfordlismore.ie](mailto:events@waterfordlismore.ie) or [click here](#)

**"Rooted": Lectio Divina Zoom Series** for adults who would like to learn to read and pray with Scripture. Wednesdays 8 - 9.15pm May 5th - June 16th. Contact [events@waterfordlismore.ie](mailto:events@waterfordlismore.ie)

### REVIVE Live-streamed event for Youth

Friday 30th April: 7.30 - 8.30 livestreamed on [www.holyfamilymission.ie](http://www.holyfamilymission.ie)  
More info: [www.waterfordlismore.ie/youth-ministry](http://www.waterfordlismore.ie/youth-ministry)

## Family Prayer

*As we open our Bibles we also open our hearts. May these words of truth fall upon the very fabric of our lives. Father, we pray that these ancient scriptures would come alive within us, to inspire, to heal, to cleanse, to teach, to restore and to guide our hearts and minds. Lord, come weave your words of life in us. Amen.*

<https://www.living-prayers.com>

**Carlo's Corner**  
Acutis  
pray for us!

"HE OPENED THEIR MINDS TO UNDERSTAND THE SCRIPTURES."  
"Your word is a lamp unto my feet, and a light unto my path." Psalm 119:105

Have you ever been "at your wit's end"? Felt like "the blind leading the blind"? Started classwork "at the eleventh hour"? Got through something "by the skin of your teeth"? Commented that "a leopard can't change its spots"? Felt like "a lamb led to the slaughter"? Saw "the writing on the wall"?

Well, you've been quoting Scripture if you have! The Bible isn't just about readings at Mass, or catchy phrases that become clichés.

The Bible is the Living Word of God, and it's for you, personally.

Imagine, God wants to communicate His love for you every day, and one of the ways He has chosen to do this powerfully is through the words of Scripture.

It can be hard to know where to start, or how to read, so maybe it's good to start small.

Watch Elizabeth speak for a few minutes in the YouTube video below explaining how she dives into Scripture, and check out some of the Bible verses in the attached handout.

Open yourself up to a little time with God everyday, make a set time and place for Him, and just watch what He does in your life!

Dive in to Scripture (LifeTeen)  
 Your Words (Third Day)

Use the attached Bible Passages handouts to guide your prayer and reflection time



## CHECK IT OUT: BIBLE APPS

Check out the following Catholic Bible Apps available for download!



Look at my hands and my feet.  
Yes, it is I indeed!





# Bible Passages in times of need

CLICK ON THE SCRIPTURE LINK

- Angry? — [Ephesians 4:26](#)
- Anxious? — [Philippians 4:6-7](#)
- Bitter? — [1 Corinthians 13](#)
- Can't sleep? - [Psalm 3:5](#)
- Confused? — [Proverbs 3:5-6](#)
- Courage gone? — [Joshua 1:9](#)
- Depressed? — [Psalm 42](#)
- Disappointed? — [Proverbs 23:17-18](#)
- Discontented? — [Philippians 4:10-13, 19](#)
- Discouraged? — [Galatians 6:7-10](#)
- Dismayed? — [Psalm 34](#)
- Doubting? — [1 Corinthians 15](#)
- Faithless? — [Hebrews 11](#)
- Fearful? — [Isaiah 41:10](#)
- Frustrated? — [Psalm 37:3-8](#)
- Feeling forsaken? — [Psalm 139](#)
- Grieving? — [Psalm 73:21-26](#)
- Hurt? — [Colossians 3:12-17](#)
- Inadequate? — [Philippians 4:13](#)
- Insecure? — [Psalm 23](#)
- Lonely? - [Deuteronomy 31:6](#)
- Lost? — [Psalm 32:8](#)
- Needing Direction in Life? — [Romans 12](#)
- Need to change? — [Ephesians 4:31-32](#)
- Overwhelmed? - [Isaiah 40:31](#)
- Persecuted? - [Romans 8:38-39](#)
- Repentant? — [Psalm 51](#)
- Sad? — [John 14](#)
- Self important? — [Psalm 19](#)
- Stressed? — [John 14:27](#)
- Suffering? — [Romans 5:3-4](#)
- Tempted? — [1 Corinthians 10:13](#)
- Weak? — [Psalm 18:1-29](#)
- Weary? — [Matthew 11:28-29](#)



