

FAITH

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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 C

Sunday Mass Readings

First Reading:

Acts 5:12-16

Responsorial Psalm:

Psalm 117(118):2-4, 22-27

Second Reading:

Revelations 1:9-13, 17-19

Gospel:

John 20:19-31

"Peace be with you!"



Hear

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

Check out [this video](#) of the Gospel for children.

Pray

In the Gospel today we witness Jesus' appearance to the disciples in the upper room, and Thomas' declaration of the Lordship of Jesus.

- What is the Holy Spirit saying to you through this piece of Scripture? How do these words resonate with you personally?
- "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?

Talk

In today's Gospel we see that Thomas didn't find it easy to trust in the resurrection of Jesus until he witnessed it with his own eyes.

- Is there anything that causes you doubt or anxiety about your faith or things going on in your life right now? Chat to someone in your family about this this week.
- Why do you think that feelings like this are part of our faith journey?
- Make a list of who you can turn to when you feel anxious or have doubts about your faith.
- How can we live our lives in such a way that the faith of others can be strengthened? How can we reach out to others who need help and compassion this week?

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.

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



Jesus, I trust in You!

ABC OF DIVINE MERCY

Today we celebrate the second Sunday of Easter, also known as Divine Mercy Sunday, inspired by the message of Divine Mercy revealed to St Faustina by Jesus in a series of apparitions to the nun in Poland in the 1930s.

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!

- Ask 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.
- Be merciful. God wants us to receive His mercy and in turn be merciful to other.
- Completely trust in Jesus. "The more a soul trusts, the more it will receive." (1578)

Take ten minutes today or during the week to pray the Divine Mercy Chaplet for a special intention.

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

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

RESOURCE: St Faustina & Divine Mercy



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!

EVENTS

Ablaze: Life in the Spirit Seminars for young adults aged 18-35. Starting Tuesday 26th on Zoom. www.waterfordlismore.ie/youth-ministry

Youth 2000 Munster Retreat for those aged 16-30, Corbally Co. Limerick, 29 April - 1 May. More info on www.youth2000.ie

ANIMA: 3 week zoom series on Wednesday nights beginning on May 4th @8pm: video, chat, fellowship, prayer. Registration is essential: events@waterfordlismore.ie or call 087 4042784

Encounter: gathering for **young adults aged 18-35** in St John's Church, Waterford Fri 13th May, 8.00pm, Talk - Music - Prayer - Refreshments. Free Admission. More info: www.waterfordlismore.ie

DIVINE MERCY

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.

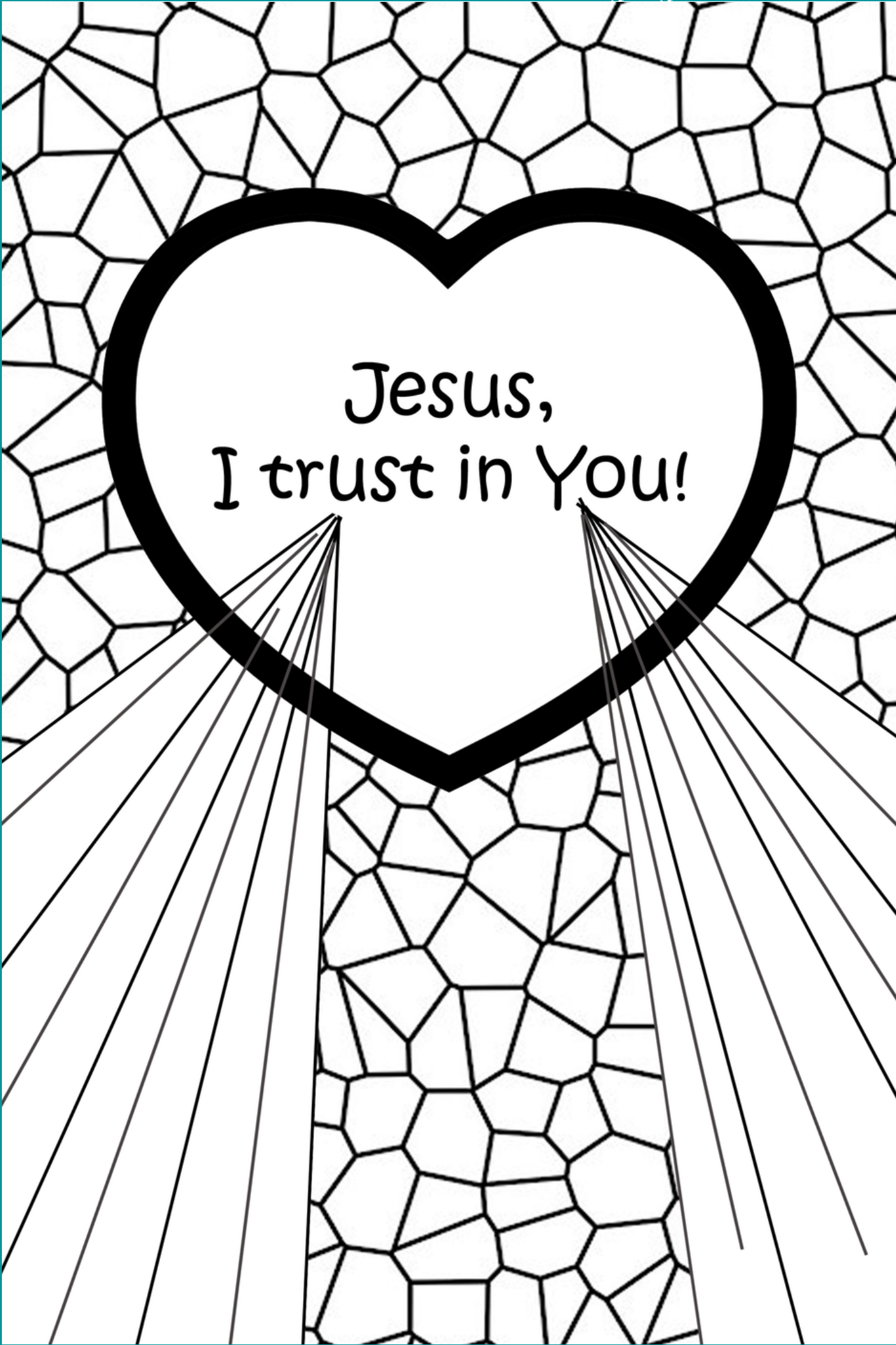
Adapted from www.divinemercy.org



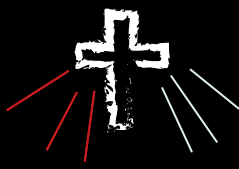
CHECK IT OUT: **YOUTH 2000**



Youth 2000 is a Catholic youth organisation that organises lively faith festivals, retreats, prayer groups and other events for young people aged 16-35 across the island of Ireland. We invite you to come along to one of our upcoming events and experience something truly life changing. Sign up to our monthly e-bulletin to stay connected.



Jesus,
I trust in You!



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!

Ask 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.

Be merciful. God wants us to receive His mercy and in turn be merciful to other.

Completely 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?

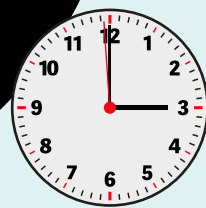
Divine Mercy Sunday is celebrated on the Second Sunday of Easter. This day was instituted and promoted by Saint Pope John Paul II beginning on April 30, 2000. St. Faustina was also canonised on April 30, 2000.



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](#)



RESEARCH



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 MILLENNIUM, 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