



# Triduum *Reflections*

## Easter Sunday

The glorious day of Easter celebrates God's immense love for us manifested in raising Jesus from the dead. Regardless of our condition during this Easter or into the future, we know that God will never abandon us.

### **Theme** New Life

Jesus' Resurrection conquered sin, suffering, and death. As early Christians said, "Life has changed, because He is Risen!" As Christians, "He has Risen!" is our joyful cry. It is especially appropriate this year to celebrate this Easter theme, as we anticipate new life.

### **Biblical Reflection** John 20:1-9

Imagine you are Mary of Magdala, Peter, and the other disciple when they found the empty tomb.

1. What do you think the Gospel means when it says, "For they did not yet understand the scripture that he had to rise from the dead" (John 20:9)?
2. Why does Easter promise us hope and new life?
3. Why is this Easter promise of hope important today?

### **Family Activities**

1. **Gospel reading.** Discuss the Easter Gospel (John 20: 1-9). Put yourselves at the scene of the empty tomb with Mary of Magdala, Peter, and the other disciple. Reflect on what the other disciples may have been feeling. What do you think Mary, Jesus' mother, may have felt before and after she heard that Jesus was raised from the dead? How is the Resurrection a sign of new life? Discuss what the disciples may have been feeling before and after the news of the empty tomb.
2. **An Easter walk.** Take time to go outside. Sit or take a walk to reflect on nature. Name the new life emerging: the flowers, tree buds, and birds appearing after a long winter. Start a conversation about newness budding forth in all of nature and let this new life be a symbol that in due time we also will witness new life coming into our lives. When finished, call or text a friend, neighbor, or relative living alone and wish him or her a Happy Easter!
3. **Emphasize good times.** Have older family members stress that good times usually follow difficult ones. Easter tells us this in a dramatic way. As we celebrate new life, discuss at dinner or at another appropriate time the good things that can come out of this pandemic, like family and world unity, better communication with each other, forgiveness, or a return to faith for some who have left the Church.



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4. **Celebrate life.** As a family, play uplifting music and sing together happy songs from the lives of children and adults. Make a list of things your family can do to celebrate the joy of Easter for the entire season!

## Conclusion

**Holy Thursday** promises us strength in trials, symbolized by Jesus' presence in the Eucharist, and challenges us to serve one another. **Good Friday** points to the reality that we are sinners and to the inevitable difficulties that each person will suffer in life. Seen through the eyes of God's divine love and forgiveness, this motivates us to keep going, looking beyond the present to experience new life. **Holy Saturday** invites us to put our lives in better focus, as we move ahead with hope and anticipation. **Easter Sunday** assures us that just as Jesus was raised from the dead by his loving Father and thereby brings us new life, so will he do the same for those who are faithful.

"He has risen; He still lives among us!"



Fr. Robert J. Hater, PhD, a Cincinnati diocesan priest, is Professor Emeritus at the University of Dayton. An internationally known speaker and writer, he has authored more than thirty-five books.