



Forming lives ready to face the future

FAMILY PRAYER SHEET

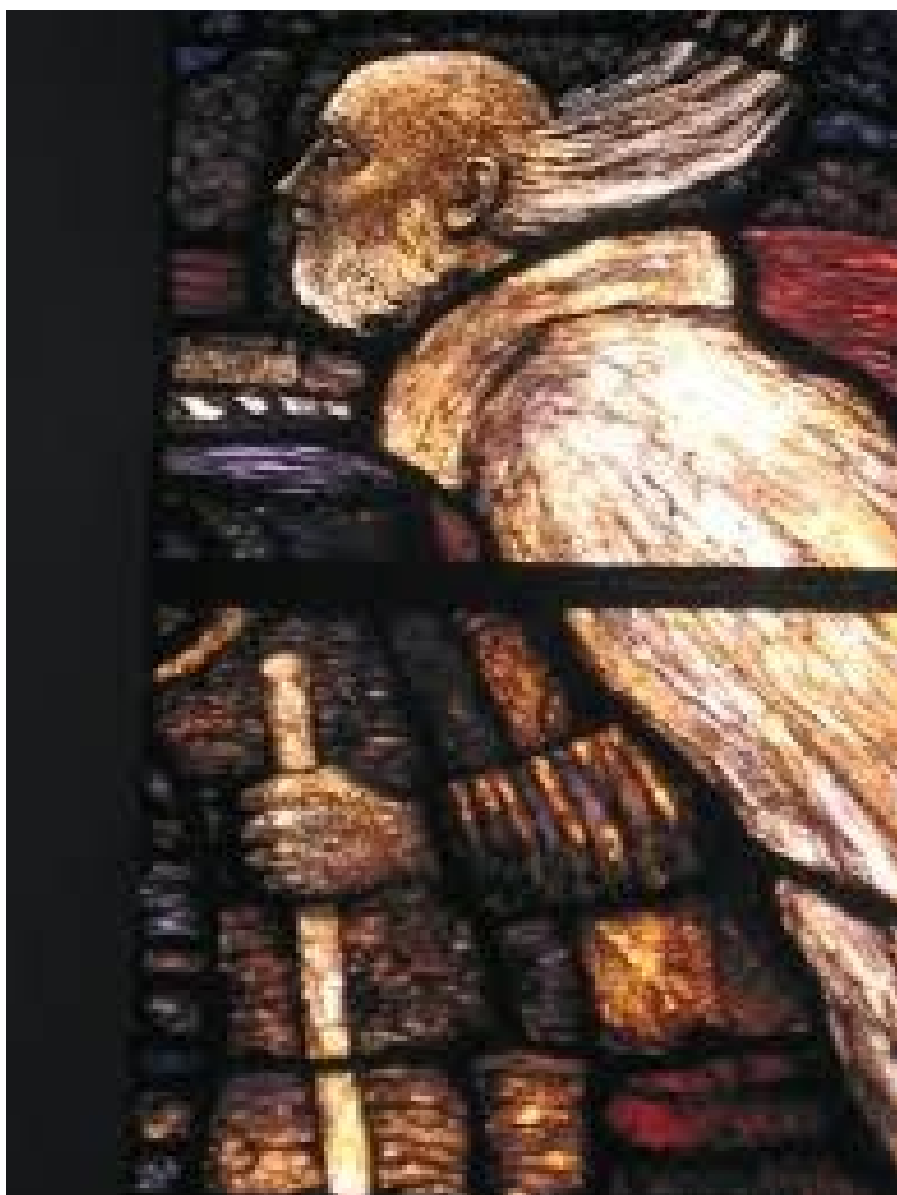
Third Week of Easter

Dear NPCAT Families

This prayer sheet aims to help families pray together now that we cannot go to Mass, particularly over this celebration of Easter. We hope that you will be able to use the activities to help our children and adults grow in faith at this time. We have tried to include activities that use resources that you might already have at home. If you don't have access to all of these resources, we hope that the activities give you inspiration to do something to explore the gospel and themes.

God Bless.

Angela O'Brien, Lead Lay Chaplain



Reading the Gospel from this Sunday's Mass

A reading from the Gospel according to Luke 24:13-35

Two of the disciples of Jesus were on their way to a village called Emmaus, seven miles from Jerusalem, and they were talking together about all that had happened. Now as they talked this over, Jesus himself came up and walked by their side; but something prevented them from recognising him. He said to them, 'What matters are you discussing as you walk along?' They stopped short, their faces downcast.

Then one of them, called Cleopas, answered him, 'You must be the only person staying in Jerusalem who does not know the things that have been happening there these last few days.' 'What things?' he asked. 'All about Jesus of Nazareth' they answered 'who proved he was a great prophet by the things he said and did in the sight of God and of the whole people; and how our chief priests and our leaders handed him over to be sentenced to death, and had him crucified. Our own hope had been that he would be the one to set Israel free. And this is not all: two whole days have gone by since it all happened; and some women from our group have astounded us: they went to the tomb in the early morning, and when they did not find the body, they came back to tell us they had seen a vision of angels who declared he was alive. Some of our friends went to the tomb and found everything exactly as the women had reported, but of him they saw nothing.'

Then he said to them, 'You foolish men! So slow to believe the full message of the prophets! Was it not ordained that the Christ should suffer and so enter into his glory?' Then, starting with Moses and going through all the prophets, he explained to them the passages throughout the scriptures that were about himself.

When they drew near to the village to which they were going, he made as if to go on; but they pressed him to stay with them. 'It is nearly evening' they said 'and the day is almost over.' So he went in to stay with them. Now while he was with them at table, he took the bread and said the blessing; then he broke it and handed it to them. And their eyes were opened and they recognised him; but he had vanished from their sight. Then they said to each other, 'Did not our hearts burn within us as he talked to us on the road and explained the scriptures to us?'

They set out that instant and returned to Jerusalem. There they found the Eleven assembled together with their companions, who said to them, 'Yes, it is true. The Lord has risen and has appeared to Simon.' Then they told their story of what had happened on the road and how they had recognised him at the breaking of bread.

Reflection

This is for anyone involved in ministry a key passage to study. In this passage we have Jesus helping the disciples explore the meaning of what happened during the recent events and the importance of these events. When we work with others we are often accompanying them on a journey to understanding. This is not telling them what you think they need to know but helping to guide and support them on their journey. Parents do this every day for their children as they teach them the skills they need in life. The Church does this for us when it helps us to grow and develop our faith. We all need someone to accompany us at different times in our lives. Some people are around for a long time, others come into our lives at particular points to help us with something specific. This passage also helps us see the importance of the Eucharist, it is through this celebration that we are able to see the risen Christ. We might not be able to go physically to church at the moment but we can join in the live streaming of a Mass and say the act of spiritual communion to bring us to the presence of the risen Christ.

Discussion Points

- The author describes the disciples as downcast while they walked. What does it mean to be downcast?
- Why do you suppose the disciples felt downcast?
- Why do you suppose it was important for Jesus to explain how the Scriptures referred to him?
- When Jesus blessed the bread, the disciples finally recognised him. What are some ways you recognise God's goodness in others?
- Why do you think that the two disciples rushed straight back to Jerusalem, even though they were tired, to share with the other disciples what had happened?

Questions taken from "Exploring the Sunday Lectionary: a Teenagers guide to the readings cycle A" by Sandy Rigsby and Steve Mason.

Activities

Word search

You will need: copies of the word search

Print out the word search from the end of this resource. How quickly can you find the words?



Activity taken from: <https://sermons4kids.com>

Active storytelling

You will need: copies of the template this can be found at:

<https://craftingthewordofgod.files.wordpress.com/2014/03/road-to-emmaus.pdf>, craft sticks or lolly sticks

1. Print out the template, on card if possible or back it with card from a box
2. Colour and cut out both pieces.
3. Glue the three figures onto a large craft stick or lolly stick.
4. Cut the solid line on the larger piece creating a slit.
5. Use it to help you tell the story of the road to Emmaus



Crafting The Word Of God

Taken from: <https://craftingthewordofgod.com>

Mentos geyser

You will need: Mentos; a bottle of coke; a sheet of paper for a funnel; space outdoors

This is an oldie but somehow irresistible fun every time. You can find photos and video in the Messy Church Does Science resources. Make a funnel from the paper and pour the Mentos as quickly as you can into the newly opened bottle of coke. And STAND WELL BACK!



Coke & Mentos Geyser
Fun, messy science for kids

Talk about moments in your life when suddenly everything changes. The friends in today's story had one of those moments, not over coke and Mentos, but over a loaf of bread, when something equally startling happened.

Taken from: <https://www.messychurch.org.uk/resource/messy-church-home-emmaus-road>

What can you do for others?

- Help cook dinner for the family
- Make time to just be with someone in your family with no distractions.

Prayers

Bless these works of our hands, O Lord, to remind us that you are always with us. May we recognize you in the breaking of the bread at Mass, receive you gratefully in Communion, and carry your presence and love into our daily lives. Amen

Let us go in peace now, to carry God's presence and love out into the world and to recognize Jesus, the Son of God, in those we meet. Let us remember to see the good in ourselves and in others. In all things, we give thanks to God. Amen.

Taken from: <https://www.catechist.com/journey-to-emmaus-recognizing-jesus/>

Father God, Thank you for New Life
For Spring flowers, baby chicks, new born lambs
For Spring sunshine and rain showers
Which helps the plants to grow.

Thank you for the dried bulbs and seeds which look so dead
They are springing into new life, soon they will be beautiful.

Most of all Lord, We thank you for your Son, Jesus,
Who suffered and died for us, on the cross.

And today, we celebrate, that on Easter Day
He rose from the dead.

HE IS RISEN! ALLELUIA!

Taken from: <http://www.pmghost.co.uk/easter/eprayers.htm>

An Act of Spiritual Communion

Introduction

You might find it helpful to have a space as a focus for their prayer. This might include a crucifix, icon or other holy image, and a lighted candle.

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

Examen: Before listening to the Word of God take a moment to reflect.

For what am I grateful to God for today?

Where did I stray from God: through words, actions or things I did not do.

How might I do better tomorrow?

What grace do I ask from God in order to live more closely in his love?

You may wish to conclude by saying: Lord Jesus, you have revealed yourself as the way to the Father: Lord, have mercy. Lord, have mercy. You have poured out on your people the Spirit of truth: Christ, have mercy. Christ, have mercy. You are the Good Shepherd, leading us to eternal life: Lord, have mercy. Lord, have mercy.

The Word of God: The readings for the Mass of the Day can be found in a People's Missal or online Universalis [<https://universalis.com/mass.htm>]. Either read all the texts or choose just to read the Gospel of the Day. Or use the gospel reading that is on this sheet.

Silent reflection: Pause for a moment of silent reflection.

Prayers & Intercessions:

Pray for family and loved ones so that they may be held in God's compassionate care.

Pray for other countries who are struggling with the effects of the COVID 19 virus. If the following intentions are said in a family or other group you may wish to conclude each one with the response: Lord, in your mercy. Hear our prayer

For those in authority: may they offer advice with care and integrity, may they seek to protect the poor and vulnerable.

For all who work in healthcare: give strength to all who look after the sick so that they may bring comfort and relief to the suffering.

For the Church: may she offer prayers and consolation for all those affected.

For our local community and all for those in need: may those who are isolated know the support and service of their neighbours.

Lord's Prayer: Our Father...

Spiritual Communion: Prayer of St Alphonsus

My Jesus, I believe that you are present in this Holy Sacrament of the altar. I love you above all things and I passionately desire to receive you into my soul. Since I cannot now

receive you sacramentally, come spiritually into my soul so that I may unite myself wholly to you now and forever. Amen.

Conclusion: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Additional Prayers

Pope Francis' prayer to the Virgin for protection

O Mary, you shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick. At the foot of the Cross you participated in Jesus' pain, with steadfast faith. Your, Salvation of the Roman People, know what we need. We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial. Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us: He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen. We seek refuge under your protection, O Holy Mother of God. Do not despise our pleas — we who are put to the test — and deliver us from every danger, O glorious and blessed Virgin.

Prayer for the Household

Hear us, Lord, and send your angel from heaven to visit and protect, to comfort and defend all who live in this house. Amen

Taken from "When Mass cannot be celebrated publicly"

<https://www.cbcew.org.uk/wp-content/uploads/sites/3/2020/03/No-Mass-A4.pdf>

Blessed Nicholas Postgate, Pray For Us



