



April 9th 2023 Easter Sunday Year A – John 20:1 – 9

^{20:1} Early on the first day of the week, while it was still dark, Mary Magdalene came to the tomb and saw that the stone had been removed from the tomb. ²So she ran and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, ‘They have taken the Lord out of the tomb, and we do not know where they have laid him.’ ³Then Peter and the other disciple set out and went towards the tomb. ⁴The two were running together, but the other disciple outran Peter and reached the tomb first. ⁵He bent down to look in and saw the linen wrappings lying there, but he did not go in. ⁶Then Simon Peter came, following him, and went into the tomb. He saw the linen wrappings lying there, ⁷and the cloth that had been on Jesus’ head, not lying with the linen wrappings but rolled up in a place by itself. ⁸Then the other disciple, who reached the tomb first, also went in, and he saw and believed; ⁹for as yet they did not understand the scripture, “that he must rise from the dead”.

<ul style="list-style-type: none"> ➤ Read and re-read – out loud and slowly the Gospel. ➤ Meditate - on reading as being spoken to you, an experience in your life 	<ul style="list-style-type: none"> ➤ Pray - Thanksgiving – Repentance – Petition ➤ Action – Attitude (Call to change / to act /to do).
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In this week’s gospel we see the faithful women Mary of Magdala and the other Mary going to the tomb. They felt very lost and sad while they were there. Suddenly an angel came and rolled away the stone. They were all frightened but the angel spoke and told the women there was no need to be afraid. He said Jesus was not there but risen as he had promised he would. The women ran with great joy in their hearts to tell the disciples and on the way they met Jesus who greeted them. He told them again "Do not be afraid" go and tell my brothers that they must leave for Galilee and they will see me there.

Who are the people in our lives who have helped to roll away the stone which blocked the positive energy of the Grace of God entering our hearts?

Prayer:

Thank you Lord for the people like Nelson Mandela who have proved to us that you cannot imprison the human spirit no matter how secure a prison it is. The human spirit is Your presence in the world with God as our centre

Forgive us Lord for the times that we talk to others about Jesus as if we had him under our control. We did not take the time to be silent like Mary of Magdala and the other Mary at the tomb when they were surprised with the unexpected arrival of the angel who moved away the stone.

Lord help us to bring the hope of Jesus to all. Where people only see darkness let us shine your light to guide them out of their imprisonment.