



EASTER SUNDAY

April 12, 2020

ARCHDIOCESE OF SEATTLE

At Home with Faith

We have arrived at Easter Sunday!

By now, we could all use cause for joy. Our celebration of Easter this year will lack the public celebration of the Mass, but that doesn't change the most important reality about Easter: Jesus has conquered sin and death.



Our families must know that the meaning of Easter can only be realized through faith, hope and love, virtues that are gifts from God. It takes time and continual growth in the Christian life for us to understand the gift that Jesus has given us. This is a great time for us as families to help one another to realize that God is bringing new life and new hope to us even as we continue this "time in the desert" at home.

You are not alone! Jesus is with you and so is His Church. Even though we cannot gather in our parish churches, we can be united through faith. God wants to use this moment to grow closer to us.

Read

If you can, take time to quietly and contemplatively read the Scriptures for Easter Sunday.

Don't have access to a Bible?

Visit www.usccb.org/bible/readings or download an app such as *Laudate* or *iBreviary* to access the Mass readings.

Acts 10:34A, 37-43

St. Paul proclaims the promise that everyone who believes in Jesus will have forgiveness for their sins through his name.

Psalm 118

"This is the day the Lord has made; let us rejoice and be glad."

Colossians 3:1-4

St. Paul tells us, "If then you were raised with Christ, seek what is above" (option 1).

1 Corinthians 5:6-8

St. Paul invites us to celebrate the feast with "sincerity and truth" (option 2).

John 20: 1-9

The disciples find Jesus' tomb empty but do not understand yet.



Keep Easter Sunday holy and joyful!

Prepare to celebrate the light of Christ. One of the most ancient symbols of our faith is the paschal candle, which is lit and carried into the church during the Easter Vigil. This symbol of the light of Christ reminds us that Jesus is the light of the world and hope for all of us.

In the beginning was the Word, and the Word was with God, and the Word was God. ... What came to be through him was life, and this life was the light of the human race; the light shines in the darkness, and the darkness has not overcome it. ... The true light, which enlightens everyone, was coming into the world.
(John 1:1, 3-5, 9)

See if you can find your children's baptismal candles and put them out on your prayer table or in a prominent place in the home. Easter is a great time to remind one another that, as Christians, we have been baptized into Christ and that what happened to him on Easter will happen to us as well. When we were baptized, our baptismal candle was lit from the paschal candle to remind us how we receive our new life from Jesus.

Celebrate by reaching out to family. Easter is a time to rejoice in the promise of new life we have received through Jesus. That is why we eat a special meal and enjoy special food and the company of our family. This year is different in that we won't be with some of the people that are most special to us. If you can't be with grandparents or loved ones who live alone this Easter, schedule a time to do a phone or video call with them. Make sure that they have the good cheer of your family's voice to make the day more special.

Connect with your parish. Your pastor and parish community want to celebrate Easter with you. Help them do that by checking your parish website, looking up your parish on Facebook or calling the parish office to leave a message. They will be happy to be there for your family and pray for you or someone you love.

Talk

Here are some reflection questions to help you have **Great Conversations** with the whole family.

Easter means that we have finished the season of Lent. Think back on your time during Lent and the sacrifices and resolutions that you made. **What do you think about the sacrifices you made over Lent now? How have your Lenten sacrifices prepared you for future sacrifices?**

Reflect upon the Gospel reading for Easter morning (John 20:1-9). Does it seem a little incomplete? Where is Jesus in the story? At first the disciples didn't fully understand what had happened to Jesus. Over the Easter Season, he teaches them about what all this meant. **What do you think Jesus will teach the disciples about what happened to him? Now that the journey of the season of Lent is over, does it seem like the Easter season will be another journey? What do you think will be different about this journey?**

At Home with Faith

Watch and participate. Join in a livestream of your parish's celebration of Easter Mass. Find your parish's mass by looking on their website or finding them on Facebook. You can also watch a livestream of Archbishop Etienne's Easter Vigil liturgy at 8:30 pm on Saturday, April 11, or Easter Mass at 8:30 am on Sunday, April 12. See the sidebar for additional Masses offered by Bishop Elizondo in Spanish and by Bishop Mueggenborg in English.

Use holy water at home. Holy water is a special reminder of our baptism and Jesus' saving power. If you have holy water at home, cross yourself with holy water before the livestream of Easter Mass.

Pray for those we love and those who need hope. During the prayer of the people or general intercessions, this is an excellent time to offer our prayers as well. On this day of rejoicing and promise, it is especially appropriate to pray for those who might especially need hope at this time.

Pray the Act of Spiritual Communion. Though we are prevented from celebrating the Eucharist together, our Lord still wants to be welcomed into our hearts. As you watch a live streamed Mass together as a family, recite together this prayer:

Act of Spiritual Communion

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart.

I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

Go to marriagefamilylife.seattlearchdiocese.org/athomewithfaith to learn more about Spiritual Communion.

Sing! There is nothing like singing "Jesus Christ Is Risen Today" during the Easter Sunday Mass. Take the time to print off a few copies of the lyrics and lift up your voices together and rejoice in the risen Christ. You could also sing an encore at Easter brunch!

Jesus Christ is Risen Today

Jesus Christ is risen today, Alleluia!
Our triumphant holy day, Alleluia!
Who did once, upon the cross, Alleluia!
Suffer to redeem our loss, Alleluia!

Hymns of praise then let us sing, Alleluia!
Unto Christ, our heavenly King, Alleluia!
Who endured the cross and grave, Alleluia!
Sinners to redeem and save, Alleluia!

But the pain which He endured, Alleluia!
Our salvation hath procured, Alleluia!
Now above the sky He's king, Alleluia!
Where the angels ever sing, Alleluia!

Sing we to our God above, Alleluia!
Praise eternal as His love, Alleluia!
Praise Him, all you heavenly host, Alleluia!
Father, Son, and Holy Ghost, Alleluia!

Easter Sunday Schedule

English livestream liturgies with Archbishop Etienne:

Vimeo

vimeo.com/archdioceseofseattle

Facebook

@ArchdioceseofSeattle

Easter Vigil in the Holy Night
April 11 at 8:30 pm

Easter Sunday
April 12 at 8:30 am

Spanish liturgies with Bishop Elizondo:

Facebook

@CaticosNW

Easter Vigil in the Holy Night
April 11 at 8:30 pm

Easter Sunday
April 12 at 8:30 am

English livestream liturgies with Bishop Mueggenborg:

Online

www.holyinn.org

Easter Vigil in the Holy Night
April 11 at 8:30 pm

Easter Sunday
April 12 at 9:00 am



At Home with Faith



Prayer to Our Lady of Seattle

Holy Mary, we come before you as spiritual children in great need, seeking your intercession, and asking that your mantle of love surround us to console, protect, and lead us to your son Jesus.

We entrust all of God's family, especially the church in Western Washington, into your immaculate hands. With your son Jesus' gentle power you can undo any knot in our church, and in the lives of believers who entrust themselves to your care.

Today I especially entrust to you safety in this time of the Coronavirus, and I ask that - through your intercession, and that of St. James, our guardian angels, and the faithful in our Archdiocese - we may be free from every spiritual and temporal ill, and be safely led to encounter your son's merciful, sacred heart.

Our Lady of Seattle, Undoer of Knots, pray for us.

Easter Table Blessing & Telling the Easter Story

https://www.growingupcatholic.com/uploads/1/2/7/7/12779077/celebrating_easter.pdf

Easter videos and resources from Archdiocese of Seattle Faith Formation

<https://seattlearchmedia.weebly.com/easter.html>

At Home with Faith - Resources for Young Adults

<https://seattlearchymya.weebly.com/resources1.html>

Bringing Camp Home - Resources for In-Home Family Camp Experiences by CYO Summer Camps

<https://seattlearchymya.weebly.com/resources1.html>

More resources

Prayers, videos and more,
for the whole family.

*Above: Our Lady of Seattle,
St. James Cathedral.
Photo: Archbishop Paul D. Etienne*



Sign up for the Northwest Catholic Journal!

Sign up for the **Northwest Catholic Journal** (NWCatholic.org/journal) to get weekly Easter Inspiration emails with practical tips, devotional resources and reflections from Archbishop Etienne to help you celebrate throughout the Easter season. Sign up [here!](#)

For more resources, including words of encouragement from
Archbishop Etienne, visit us online:

marriagefamilylife.seattlearchdiocese.org/athomewithfaith