

## Easter Daily Offerings

(Morning)

I offer you my (mind/eyes/lips/hands/heart) for Christ, with Christ and like Christ:

... **mind** so that my thoughts may be influenced by the truth of the Resurrection. Dispel all despair, pessimism, and critical thoughts. Open my mind so that I may understand the Scriptures that reveal to me that the end of the journey is Glory. As you raised your Son, one day you will raise me up.

... **eyes** so I may see you in “my own Galilee” today. Like Mary Magdalene, allow me to recognize in the garden your Son who calls me by name. May my eyes reflect resurrection light to those who come in contact with me.

... **lips** so that I may praise you for raising your Son to a new life. Like the disciples, I offer my lips to be a witness of the Resurrection. May I say with them “I have seen the Lord.” Remove all gossip, complaints, and angry words. Allow me to speak like the Risen Jesus: “Peace be with you! Rejoice! Do not be afraid. Go and tell your brothers”

... **hands** so that my work, study, and life may be done with a new ardor and enthusiasm in this day. Prevent me from being idle, distracted, or a time-waster. Like the disciples of Emmaus, Peter and John, and the women, may I run with a new love in my heart. Give me resurrection power!

... **heart** so that my heart may be filled with the New Life of Jesus. Give me a burning heart like the one of the disciples of Emmaus. Give me a heart full of mercy and love like the one of the Resurrected Jesus. Give me a Eucharistic heart that longs to receive the Risen Jesus hidden in the Eucharistic host.

## Regina Caeli (Noon)

**V.** Queen of Heaven, rejoice, alleluia.

**R.** For He whom you did merit to bear, alleluia.

**V.** Has risen, as he said, alleluia.

**R.** Pray for us to God, alleluia.

**V.** Rejoice and be glad,  
O Virgin Mary, alleluia.

**R.** For the Lord has truly risen, alleluia.

**Let us pray.** O God, who gave joy to the world through the resurrection of Thy Son, our Lord Jesus Christ, grant we beseech Thee, that through the intercession of the Virgin Mary, His Mother, we may obtain the joys of everlasting life. Through the same Christ our Lord. *Amen.*

## Light of the Soul

St. John Henry Newman  
(After Holy Communion)

Stay with me, and then I shall begin to shine as Thou shinest: so to shine as to be a light to others. The light, O Jesus, will be all from Thee. None of it will be mine. No merit to me. It will be Thou who shinest through me upon others. O let me thus praise Thee, in the way which Thou dost love best, by shining on all those around me. Give light to them as well as to me; light them with me, through me. Teach me to show forth Thy praise, Thy truth, Thy will. Make me preach Thee without preaching—not by words, but by my example and by the catching force, the sympathetic influence, of what I do—by my visible resemblance to Thy saints, and the evident fullness of the love which my heart bears to Thee.



...become with us a witness  
to his resurrection.

**How to celebrate Easter and be resurrected with Jesus: 8 tips for a good Easter.**

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## We have 50 days to celebrate & become **ALIVE IN HIM.**

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**Seek transformation in Christ.** Lent is the time to purify, Easter the time to change. As you read the resurrection narratives, contemplate the risen humanity of Jesus and think: what aspect of the risen humanity of Jesus do you want to contemplate and receive in your life? The Risen Jesus appears to share many gifts from heaven: a new love, a new peace, a new joy, a new mercy, a new sense of mission, etc. For example if you are fearful, see Jesus transforming the fear of the apostles into boldness. If you are sad, see Jesus transforming the tears of Mary Magdalene into joy. If you are lukewarm, see the risen Jesus enkindling the hearts of the disciples of Emmaus. If you are doubtful, see the risen Jesus giving faith to Thomas. Whatever you need is in Him!

**Express the Resurrection in a visible way.** Do something that will help you experience and manifest in a visible way that Jesus is alive. Let the New Life received

in your heart become more visible outside. How can my life manifest more clearly the resurrection? You can smile more. Grow in joy. Imitate the charity of the Risen One... you can sing... You can keep your room in order (like Jesus who left the tomb and rolled the linen that covered his face).

**Remove the crucifixes (only for Easter!) and replace with an image of the Risen Jesus.** We tend to focus on the cross but we are not used to contemplating the resurrection. Choose an inspiring image of the Risen Jesus and pray with it.

**At the end of the day, seek the presence of the risen Christ.** For 40 days he appeared to his disciples, and even to 500 people. He talked to them. They ate with him. During Easter, you “will see him in Galilee.” He promised to show up in your life. At the end of the day ask yourself: where did the risen Christ manifest himself to me?

**Pray Easter Prayers:** Easter Daily offerings and Regina Caeli. Instead of the VIA CRUCIS, you can pray the VIA LUCIS.

**Read the Resurrection narratives:** John 20–21, Luke 24, Mk. 16:9–19, Mat. 28. During your holy hour or Cor ad Cor, read one of these passages slowly and meditate on it. Pay special attention to the words of the Risen Christ and the fruits of the resurrection: joy, peace, love, and mission.

Easter is also a good time to carefully read the Acts of the Apostles and the First Letter of Saint Peter. Acts narrates the deeds of the Church moved by the Spirit. The first reading of daily Mass will be from Acts almost every day. The Letter of St. Peter shows the dynamism of life in Christ that comes to us through baptism.

**Greet other believers with the Resurrected Greeting: *The Lord is risen; He is risen indeed!***

We need to strengthen one another by sharing our faith in the Resurrected Jesus. The faith of the disciples grew as they shared with one another the truth of Jesus's resurrection. Echo the Resurrection of Jesus with other believers!

**Begin to pray for the coming of the Holy Spirit. Lent leads to Easter. Easter leads to Pentecost.** The fullness of the resurrected life of Jesus comes to us through the Holy Spirit. All that Jesus did had one main goal: to baptize us in the gift of the Holy Spirit. See Easter through that perspective: it's a journey towards Pentecost.

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Sometimes we focus a lot on Lent, but we need to know that the goal of Lent is Easter.

**We are made for Easter.**

