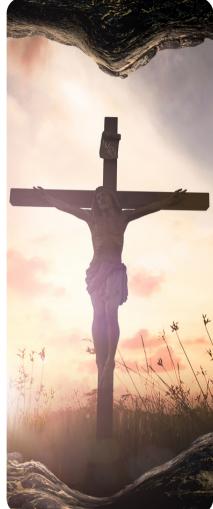


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EVENING MASS OF THE LORD'S SUPPER







GOOD FRIDAY OF THE LORD'S PASSION

THE RESURRECTION OF THE LORD

PASCHAL TRIDUUM 2023

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HOLY THURSDAY EVENING MASS OF THE LORD'S SUPPER, YEAR A.

Opening Prayer: As the blood of the lamb saved the Jews, so the blood of Christ brought salvation to the whole world. As the Jews were fed with manna in the desert, so Christians are fed with the Body and Blood of Christ in Holy Communion.

Holy Thursday: The Institution of the Eucharist by Our Lord Jesus Christ: This year although we are only presented with the Jesus's humble act of the washing of the feet of His disciples, and the fourth Gospel does not contain the episode about the institution of the Eucharist, still, we reflect on the institution of the Holy Eucharist. We do so first of all because on the National level, from June 2022, the Bishops of the United States have agreed to launch a "three year period of revival" on the Eucharist whose aim is to foster deeper devotion and knowledge about the Eucharist at Diocesan, parish and family levels. Second, we concentrate on the Eucharist in line with the just concluded Eucharistic Revival in our Diocese. Third, we also concentrate on the Eucharist because of the choice of the Eucharist as the theme of this Year's Catholic Services Appeal (CSA): The Source and Summit. Describing the Eucharist, the General Catechism of the Catholic Church declared: "The Eucharist is "the source and summit of the Christian life." "The other sacraments, and indeed all ecclesiastical ministries and works of the apostolate, are bound up with the Eucharist and are oriented toward it. For in the blessed Eucharist is contained the whole spiritual good of the Church, namely Christ himself, our Pasch" (Catechism of the Catholic Church, n. 1324). It was on this Holy Night, popularly referred to as Holy Thursday, that before Jesus suffered on the cross, He shared His last meal with his disciples. The Gospel of Matthew and its parallel tell us about the institution of this Eucharist by Jesus after the washing of their feet: "While they were eating, Jesus took bread, said the blessing, broke it, and giving it to his disciples said, "Take and eat; this is my body." Then he took a cup, gave thanks, and gave it to them, saying, "Drink from it, all of you, for this is my blood of the covenant, which will be shed on behalf of many for the forgiveness of sins" (Mt 26: 26-28; cf. Mk 14:22-24, Lk 22:17-20, 1 Cor 11:23-25). By accomplishing all this Jesus gives us his whole self-body and soul.

The Significance of the Eucharist or Holy Communion for Us Children of God: As food is good for the body so also Holy Communion-the Body and Blood of Christ, is also important for our Souls. Just as the Israelites, the children of God of the Old Testament needed manna as they made their way to the promised land, so also Christians who are children of God of the New Testament who are on pilgrimage to heaven need spiritual food which is provided to them through Holy communion.

First, Jesus gives us his whole self in the Eucharist as spiritual nourishment because he loves us and will like us to be nourished with His Body and Blood and have eternal life with him. Jesus himself declared: "Jesus said to them, "Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him. Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me. This is the bread that came down from heaven. Unlike your ancestors who ate and still died, whoever eats this bread will live forever" (John 6: 53-58).

Second, by eating the Body and drinking the Blood of Christ in the Eucharist we become united to the person of Christ through his humanity, "Whoever eats my flesh and drinks my blood remains in me and I in him" (John 6: 56). In becoming united to the humanity of Christ we also become united to his divinity.

Third, frequent reception of Jesus in Holy Communion also transforms our mortal and corruptible natures and provides us with life and goodness, "Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me" (John 6: 57).

Fourth, through the Holy Eucharist, we come to participate in the life of the Trinity-Father, Son, and Holy Spirit. Our sharing in the life of the Trinity begins with our Baptism, when by the power of the Holy Spirit we are joined to Christ, thus becoming adopted sons and daughters of the Father. It is strengthened and increased in Confirmation and nourished and deepened through our participation in the Eucharist. Catholics who have been Baptized and have made their First Holy Communion are invited to observe the following:

- Make the effort to receive Jesus in Holy Communion as much as possible and have deep love for adoration of Jesus in the Eucharist;
- Approach the Tabernacle with devotion and reverence-Knelling and not just a bowing and be conscious of the presence of Jesus in the Church, especially in the Tabernacle and so not to make the Church section into a gathering hall where we make unnecessary noise;
- Be aware that the Church is always open so that they can visit Christ who is present in our Churches especially in the Tabernacle and let there be light around the Tabernacle and the surrounding beautified so as to show that Jesus is present therein; and
- The Sanctuary area of the Church which houses the Alta of Sacrifice, the Lectern for the reading of the Word of God and the Tabernacle should be treated with respect and reverence.

Closing Prayer: May Jesus who gives himself to us in Holy Communion continue to accompany us always on our pilgrimage to heaven so that having received Him here on earth we will at last be united with Him forever.

FRIDAY OF THE PASSION OF THE LORD, YEAR A.

Opening Prayer: As we gaze on Jesus hanging upon the Cross of Calvary, we see what our sins have caused Him and what His Love has led Him to do. May we always do away with sin in our lives and seek to always carry out His will as long as we live.

The People for Who Jesus Suffered and Died: There are two major views as to who Jesus died for. First, it is held that Jesus died for the elect, that is, those who believe in Him (limited atonement/particular atonement/particular redemption-John 10: 11; John 6: 37-39, John 17: 9). Second, it is also held that Jesus suffered and died for everybody (unlimited atonement/universal atonement-Isaiah 53: 6; John 6: 51; 1 John 2: 2). An important factor with these views is that both of these views are biblical or theological. Whatever line of argument we take, the fact is that Jesus knew for who He was dying and that His death would ultimately benefit only the elect or everybody.

Why Jesus Died on the Cross: There are several reasons that are provided as to why Jesus died on the Cross. We reflect on the four reasons why Jesus had to die.

First, some people allege that Jesus died on the Cross because one of his disciples-Judas Iscariot betrayed him to the religious rulers (Cf. Matthew 27: 15-18).

Second, there are those who maintain that the death of Jesus on the Cross was necessary (Cf. John 3: 14) and part of the eternal plan of God (Cf. Hebrews 10: 7-10). This means that the death of Jesus was not an afterthought, but that it was necessary to complete the plan of redemption for the world. Jesus had to die so that others could live.

Third, it is also sustained that Jesus's death on the cross was a penalty for the sin of mankind. It is the idea that Jesus died on the cross for the sins of the world, that led St. Paul to state: "who was handed over for our transgressions and was raised for our justification" (Romans 4: 25; Cfs. Hebrews 9: 28; 1 Corinthians 15: 3). Elsewhere, St. Paul still acknowledged that Christ died for us while we were still sinners: "But God proves his love for us in that while we were still sinners Christ died for us" (Romans 5: 8). So as the Lamb of God who take away the sins of the world (John 1: 29), Jesus redeemed us with His precious blood (Cf. 1 Peter 1: 18-19).

Fourth, Jesus died on the Cross of Calvary in order to demonstrate His love for sinful humanity: "For Christ, while we were still helpless, yet died at the appointed time for the ungodly. Indeed, only with difficulty does one die for a just person, though perhaps for a good person one might even find courage to die. But God proves his love for us in that while we were still sinners Christ died for us" (Romans 5: 6-8). The death of Christ was a visible demonstration of the love of God for sinful humanity. Love is Jesus' reason for dying on the Cross and that is why before he was to die, while He was at Supper with his disciples he told them to love one another if they are truly His disciples (Cf. John 13: 34-35). Disciples of Jesus are to love one another in the same manner as Jesus has loved them. As Jesus was ready to lay down his life for his sheep, so disciple of Jesus who truly love are to be ready to lay their lives for each other.

Believe in Jesus Christ who came to Redeem the World: Rather than indulging in unnecessary arguments about who Jesus died for, it's better we leave the issue up to God and his Son Jesus Christ. All we have to do is to believe in what Jesus accomplished by his coming. After all it was God who sent His Son so that whoever believes in Him may not perish but have eternal life. Believing in Jesus who died to save those who believe in him is more important than arguing unnecessarily, as St Paul admonished, "Remind people of these things and charge them before God to stop disputing about words. This serves no useful purpose since it harms those who listen. Be eager to present yourself as acceptable to God, a workman who causes no disgrace, imparting the word of truth without deviation" (2 Timothy 2: 14-15). The Word of God tells us that the love of God is infinite, "Give thanks to the LORD for he is good, his mercy endures forever!" (Psalm 107: 1) and that the authority of Christ is equally infinite, "For in him were created all things in heaven and on earth, the visible and the invisible, whether thrones or dominions or principalities or powers; all things were created through him and for him. He is before all things, and in him all things hold together" (Colossians 1: 16-17). Our dilemmas or assumptions or conclusions about who Jesus died for will always remain our own and will not change the fact that Christ was sent for a specific purpose, which is, to redeem the world. It is therefore better to stick to Holy Scriptures which tells us that God offers salvation to all who will believe (Romans 10: 11; 13). Scripture still state that salvation is effective only for those who believe (John 3: 18). Moreover, Scripture still tells us that Christ died for His sheep (Cf. John 10: 11; 15), that Jesus's sheep will come to Him (Cf. John 10: 4, 27), and they will be kept secure in Christ (Cf. John 10: 28-30). So, let us remain the faithful sheep for who Jesus died. Let us listen and believe in Jesus so that at the end of this life and in the next we will be counted among the many or few who will be saved by God. Since we are saved through Christ, our business is to choose, listen, believe and follow Jesus.

Closing Prayer: As the Lord Jesus Christ freely accepted the Cross, carried it in agony, and finally embraced death on the Cross for the Salvation of the whole world, may we sacrifice ourselves for each other by doing good towards them.

EASTER VIGIL IN THE HOLY NIGHT (HOLY SATURDAY), YEAR A.

Opening Prayer: Since by dying Jesus destroyed our death and rising He restored us to eternal life, may all who believe in Jesus come to reign with Him when He returns in glory at the end of time.

St. Paul's Proclamation "We know that Christ, raised from the dead, dies no more; death no longer has power over him" (Romans 6: 9): Today's first reading testifies to the fact that God is the one responsible for all of creation and that he preserves all that he has created. It is because God brings into being and preserves what he has created that God showed his love for the Israelites by bringing them out of Egypt even at the expense of the Egyptians who were destroyed at the Red Sea. After God had formed the Israelites into a people of his own, he continued to express his love for the Israelites. Although the sons of Israel were not always faithful to God, because they disobeyed God, God continued to send his children prophets after prophets until finally God sent His Son Jesus Christ. When Jesus came he carried out many good things and after His public ministry, Jesus suffered and sacrificed himself on the Cross and rose from the dead for our salvation. Through His death and resurrection from the dead, Jesus provided a solution for our own death and also laid down the basis for our own resurrection on the last day. St Paul referred to the implication of the death and resurrection of Jesus for Christians when he said: "If, then, we have died with Christ, we believe that we shall also live with him. We know that Christ, raised from the dead, dies no more; death no longer has power over him" (Romans 6: 8-9). The death and resurrection of Jesus serves as a basis for our own death and resurrection in the sense that just as Christ died and rose from the dead so all who believe in him will also after their physical death experience their own personal resurrection like Christ.

How We Benefit from the Resurrection of Jesus Christ Our Lord: Without the resurrection of Christ, we would have no Savior, no salvation, and no hope of eternal life. Today, we rejoice and are glad because two strong enemies of mankind, death and sin have been overcome through the resurrection Jesus Christ. The resurrection of Christ is the guarantee of our own resurrection and God's assurance that our sins are forgiven and that we are called to eternal life.

First, the resurrection of Jesus Christ is significant because it shows that Jesus defeated death and brought us eternal life. Death which is an enemy of mankind has been put to end. Just as Christ rose from the dead because death could no longer hold Him (Cf. Acts 2: 24), so we do not need to be afraid of death because Christ has triumphed over death. Through Christ we will celebrate our own victory over death and partake in eternal life with God. Our victory over death through the death and resurrection of Christ is what led St Paul to declare: "Where, O death, is your victory? Where, O death, is your sting?" The sting of death is sin, and the power of sin is the law. But thanks be to God who gives us the victory through our Lord Jesus Christ" (1 Corinthians 15: 55-57).

Second, the resurrection of Jesus also benefits us because it guarantees that we have been liberated from our sin. Jesus Christ paid the full price of our sins with His death. Since Christ rose from the dead, it means that forgiveness of sins is possible. The scope of Christ's atoning sacrifice reaches back to the past, into the present, and beyond to the future. That means we never have to be afraid that what we did in the past or what we might do in the future is beyond the reach of God's forgiveness. The sacrificial death of Jesus on the cross (and His resurrection from the dead) was sufficient, and therefore our sins can be forgiven. Through Christ we are saved from death and sin and brought to life, "But God, who is rich in mercy, because of the great love he had for us, even when we were dead in our transgressions, brought us to life with Christ (by grace you have been saved), raised us up with him, and seated us with him in the heavens in Christ Jesus" (Ephesians 2: 4-6). Since Jesus rose from the dead, it means Jesus has power over death, and also has absolute authority over sin which leads to Spiritual death.

Third, the resurrection of Jesus does us a lot of spiritual good because by his resurrection, Christ opened for us the way to resurrection and a new life. Like Christ who died and rose from the dead, we too shall rise from the dead after our own death. The resurrection of Jesus Christ means that we will be raised like Him. It is because we will raised to new life with Christ that Christ is described as the firstfruits of those who have fallen asleep. Meaning that the resurrection of Jesus is a precursor to the resurrection that all believers will experience, "But now Christ has been raised from the dead, the firstfruits of those who have fallen asleep. For since death came through a human being, the resurrection of the dead came also through a human being. For just as in Adam all die, so too in Christ shall all be brought to life, but each one in proper order: Christ the firstfruits; then, at his coming, those who belong to Christ" (1 Corinthians 15: 20-23). Just as Christ died and rose from the dead, our bodies will be glorified and raised in power (Cf. 1 Corinthians 15: 42-44). Our suffering on this earth will be temporal and eternal life with God in Heaven is also assured.

Closing Prayer: May Jesus who rose from the dead for our benefit, who by his raising from the dead put an end to sin in our lives and who made our resurrection possible, grant us the opportunity to behold Him face to face in eternity.