

Therefore, overcome with paschal joy,
every land, every people exults in your praise
and even the heavenly Powers, with the angelic hosts,
sing together the unending hymn of your glory as they acclaim:

Holy, holy, holy Lord, God of hosts. Heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.

The mystery of faith: **We proclaim your Death, O Lord,
and profess your Resurrection
until you come again.**

**Communion Antiphon: The disciples recognised the Lord Jesus
in the breaking of the bread, alleluia.**

Reflection: The wounds of love
Those who care about others pick up a lot of wounds. There may be no great wounds, only a multiplicity of little ones - a host of scratches, wrinkles and welts. But there can also be a lot of invisible wounds: the furrows left on the mind and the heart by hardship, worry and anxiety, disappointments, ingratitude, and betrayal. These wounds are not things to be ashamed of. They are badges of honour. They are the proof of our love. Jesus didn't hide his wounds. Neither should we. By his wounds we are healed.

Prayer after Communion:

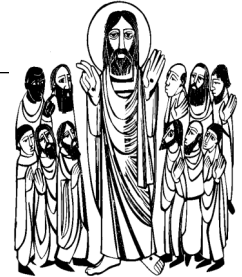
Look with kindness upon your people, O Lord, and grant, we pray, that those you were pleased to renew by eternal mysteries may attain in their flesh the incorruptible glory of the resurrection. Through Christ our Lord.
Amen.

Final Blessing:

The Lord be with you. **And with your spirit.**
May God who by the resurrection of his only Son
was pleased to confer on you
the gift of redemption and of adoption
give you gladness by his blessing . **Amen.**
And may Almighty God bless you,
the Father, and the Son, and the Holy Spirit. **Amen.**
Go forth, the Mass is ended, alleluia. **Thanks be to God alleluia.**

Silent Prayer: Creator God, you have already miracled me with life and love more generously than I deserve. You have given me the power to release people from bondage, and I have not always used that power. Instead, I have held them bound. I have controlled the lives of my family and friends, manipulating them to believe as I believe. Your miracle was not enough for me because I did not see it or appreciate its worth. Help me to become ever more aware of life and love. Help me to share generously that gift and know that I am loved, warts and all. Amen.

Third Sunday of Easter B



**Cry out with joy to God, all the earth;
O sing to the glory of his name,
O render him glorious praise, alleluia.**

In the Gospel the apostles are gathered behind closed doors, wounded in heart and spirit. But Jesus appears to them, gives them his peace, and breathes new life into them. He does the same for us.

Let us open ourselves to the gifts the risen Lord wants to give us.

Lord, you banish our doubts with the gift of faith. Lord, have mercy.

You calm our fears with the gift of peace. Christ, have mercy.

You heal our wounds with your love. Lord, have mercy.

Glory to God in the highest, and on earth peace to people of good will. We praise you, we bless you, we adore you, we glorify you, we give you thanks for your great glory. Lord God, heavenly King, O God, almighty Father. Lord Jesus Christ, only Begotten Son, Lord God, Lamb of God, Son of the Father, you take away the sins of the world, have mercy on us; you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father, have mercy on us. For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.

Let us pray:

May your people exult for ever, O God, in renewed youthfulness of spirit, so that, rejoicing now in the restored glory of our adoption, we may look forward in confident hope to the rejoicing of the day of resurrection. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. **Amen.**

FIRST READING

A reading from the Acts of the Apostles.

Acts 3:13-15,17-19

Peter said to the people: "You are Israelites, and it is the God of Abraham, Isaac and Jacob, the God of our ancestors, who has glorified his servant Jesus, the same Jesus you handed over and then disowned in the presence of Pilate, after Pilate had decided to release him. It was you who accused the Holy One, the Just One, you who demanded the reprieve of a murderer while you killed the prince of life. God, however, raised him from the dead, and to that fact we are the witnesses. Now I know, brothers, that neither you nor your leaders had any idea what you were really doing; this was the way God carried out what he had foretold, when he said through all his prophets that his Christ would suffer. Now you must repent and turn to God, so that your sins may be wiped out."

The word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM

Psalm 4

Response: **Lift up the light of your face on us, O Lord.**

When I call, answer me, O God of justice; from anguish you released me, have mercy and hear me!	R/.	'What can bring us happiness?' many say. Lift up the light of your face on us, O Lord.	R/.
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It is the Lord who grants favours to those whom he loves; the Lord hears me whenever I call him.	R/.	I will lie down in peace and sleep comes at once, for you alone, Lord, make me dwell in safety.	R/.
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SECOND READING

A reading from the first letter of St John.

1 John 2:1-5

I am writing this, my children, to stop you sinning;
but if anyone should sin,
we have our advocate with the Father,
Jesus Christ, who is just;
he is the sacrifice that takes our sins away,
and not only ours, but the whole world's.
We can be sure that we know God
only by keeping his commandments.
Anyone who says: 'I know him',
and does not keep his commandments,
is a liar, refusing to admit the truth.
But when anyone does obey what he has said,
God's love comes to perfection in him.

The word of the Lord.

Thanks be to God.**Alleluia, alleluia!****Lord Jesus, explain the scriptures to us.****Make our hearts burn within us****as you talk to us. Alleluia!**

GOSPEL

Luke 24:35-48

The Lord be with you.

And with your spirit.

A reading from the holy Gospel according to Luke.

Glorify to you, Lord.

The disciples told their story of what had happened on the road and how they had recognised Jesus at the breaking of bread. They were still talking about all this when Jesus himself stood among them and said to them: "Peace be with you!" In a state of alarm and fright, they thought they were seeing a ghost. But he said: "Why are you so agitated, and why are these doubts rising in your hearts? Look at my hands and feet; yes, it is I indeed. Touch me and see for yourselves; a ghost has no flesh and bones as you can see I have." And as he said this he showed them his hands and feet. Their joy was so great that they could not believe it, and they stood dumbfounded; so he said to them: "Have you anything here to eat?" And

they offered him a piece of grilled fish, which he took and ate before their eyes. Then he told them: "This is what I meant when I said, while I was still with you, that everything written about me in the Law of Moses, in the Prophets and in the Psalms, has to be fulfilled." He then opened their minds to understand the scriptures, and he said to them: "So you see how it is written that the Christ would suffer and on the third day rise from the dead, and that, in his name, repentance for the forgiveness of sins would be preached to all the nations, beginning from Jerusalem. You are witnesses to this."

The Gospel of the Lord.

Praise to you Lord Jesus Christ.*The Apostles' Creed*

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

Offertory:

Pray, brothers and sisters, that my sacrifice and yours may be acceptable to God, the almighty Father.

May the Lord accept the sacrifice at your hands, for the praise and glory of his name, for our good and the good of all his holy Church.

Prayer over the Offerings

Receive, O Lord, we pray, these offerings of your exultant Church, and, as you have given her cause for such great gladness, grant also that the gifts we bring may bear fruit in perpetual happiness. Through Christ our Lord. **Amen.**

Preface:

The Lord be with you.

Lift up your hearts.

Let us give thanks to the Lord our God.

It is truly right and just, our duty and our salvation,
at all times to acclaim you,
O Lord, but in this time above all
to laud you yet more gloriously,
when Christ our Passover has been sacrificed.
Through him the children of light rise to eternal life
and the halls of the heavenly Kingdom
are thrown open to the faithful;
for his Death is our ransom from death,
and in his rising the life of all has risen.

**And with your spirit.
We lift them up to the Lord.
It is right and just.**