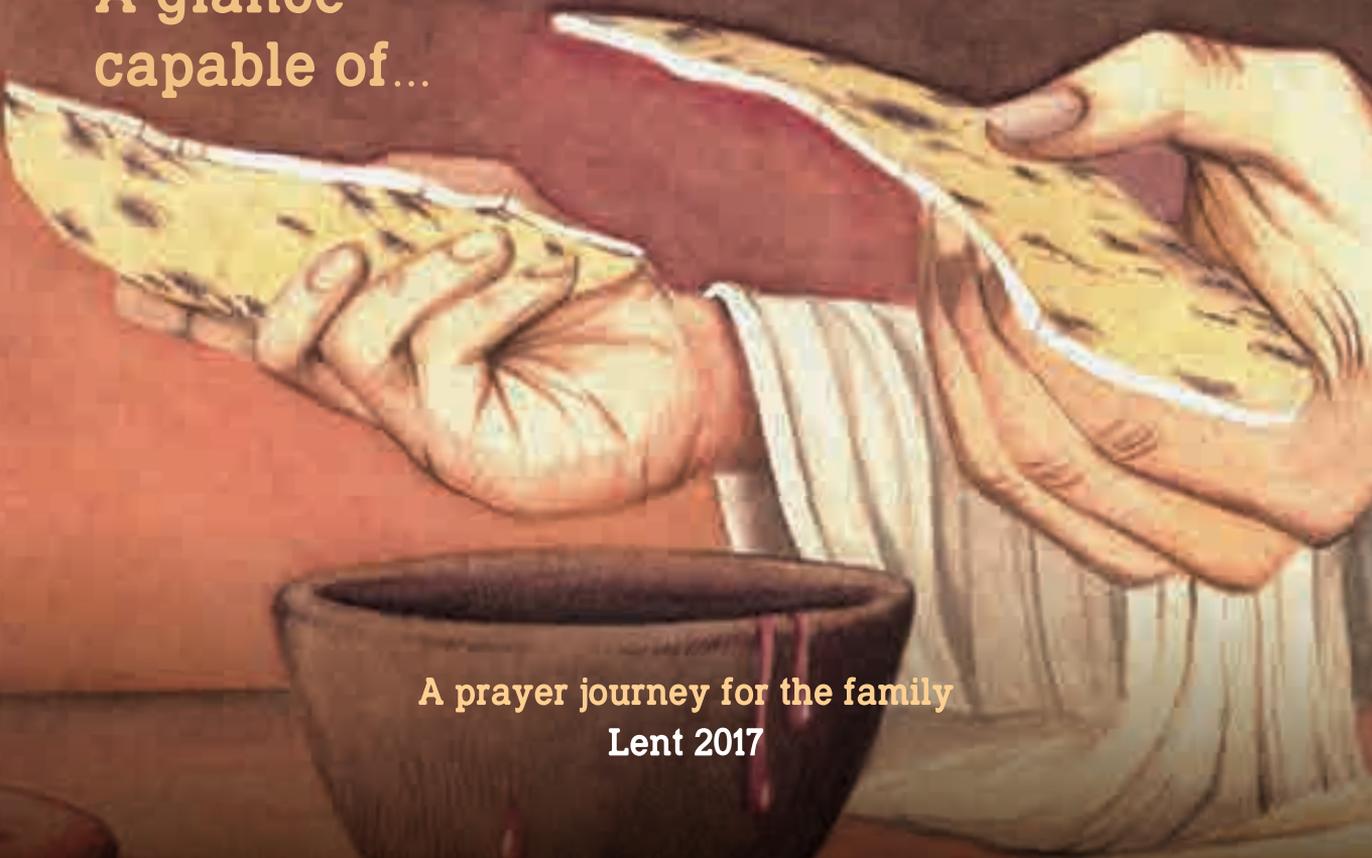


# He broke it and gave it to them

A glance  
capable of...



A prayer journey for the family  
Lent 2017

# *Dear families...*

*There are gestures that materialize the Christian face of the family.*

*Eating together is one of those.*

*There are moments that become more and more a proposal of life.*

*Prayer is one of those.*

*That is why I live it with you,  
around the table, in the joy of sharing.*

*Finding that a simple meal nourishing the heart  
and faith is a great gift.*

*Running the risk of becoming contagious  
in living values and choices that feed on love  
is a priceless adventure.*

*The very fast return of the two of Emmaus to Jerusalem  
is a wonderful icon of all that.*

*May it be so for us this Lent.*

*"We have seen the Lord":  
every home may shine with the light of the Risen One.*

+ Francesco

Booklet by the Diocese of Bergamo

Illustrations by Stefano Nava

Cover taken from the cycle of paintings "Witnesses of the Risen Lord"

# Introduction and presentation of the journey

And a new path opens up before us!  
The season of Lent welcomes our steps, perhaps a bit faltering,  
to accompany us to Jerusalem.  
It is not a journey that we make on our own:  
we share it with our brothers in faith,  
with the two disciples of Emmaus,  
making memory of the walk of Jesus and the Twelve.  
We are sustained by the Lord through His Word:  
The daily word, read and prayed,  
which will be the daily bread broken for us.  
We shall thus arrive at the Easter of the Lord  
and it will be the joy to get us again in the way  
to leave Jerusalem  
and once again travel the roads of our daily lives  
as missionary disciples,  
custodians of the joy of the Gospel.

## How is the booklet composed?

### ON SUNDAYS

Along with the proposal of the Word of God,  
there will always be the blessing of the table:  
the family gathered to share the meal  
of the feast day, allows itself to be reached  
by the blessing of the Father.

### ON FRIDAYS

The reading of a short passage of *Evangelii Gaudium* will accompany  
the witness of a missionary from Bergamo who works in the  
diocesan missions in Bolivia, Ivory Coast and Cuba.  
Friday is also associated with the hint of a gesture of charity to be  
made in favour of the diocesan missions.

### ON OTHER WEEKDAYS

It will be the Word of God of the liturgy of the day to accompany the  
journey, with a brief commentary and a prayer.



# Projects of missionary solidarity 2017

**“He broke it, and gave it to them”**



The time of Lent is, for the Diocese of Bergamo, a time of special care for all Churches of the South of the World with which she has woven relationships of missionary cooperation:



With ***Ivory Coast***, where two are the dioceses with which there is missionary cooperation since 1976. Today there are six Fidei Donum priests and three laypeople and some nuns.

With ***Bolivia***, with which there is a link since 1962 and even today sees the alternation of priests, nuns, laypeople and volunteers. Now in Bolivia there are 3 bishops, 12 Fidei Donum priests, 16 laypeople and a good group of nuns and volunteers from Bergamo.



With ***Cuba*** in which we operate since 1999 in the Diocese of Guantanamo - Baracoa. There are no laypeople, but 5 Fidei Donum priests and a community of nuns.



In Ivory Coast, family life is very simple and essential: no claim, no accumulation, but the necessary to live without hunger through small farming in the villages, hunting of some animals, tailoring jobs.

The struggle for survival appears when the family must deal with special and unforeseen expenses, due to disease, drought, expenses for university studies of the kids, or when it comes to care for children with special needs. Life in the village ensures solidarity and support, but sometimes is not enough; missionaries do not fail to be close to these families and their needs.

***How can we help?***

Breaking the bread is supporting these families with prayer and with the purchase of medicines, for the consultation of physicians and to allow them to provide daily meals to their children.



# BOLIVIA

In the huge city of Santa Cruz de La Sierra, tropical zone of Bolivia, there is the Hogar San Lorenzo, a welcoming and colourful structure that houses 60 boys and girls between 0 and 10 years, abandoned at birth or separated from their families owing to suffered violence.

The management of the orphanage, founded in 1995, is entrusted to the Archdiocese of Santa Cruz.

The Hogar is home to every child: here he is well-liked and cared for, he grows, he learns to walk and to discover the world, he begins to build good relationships, he learns to be with others, he has the opportunity to learn how to appreciate life, he begins to be autonomous. The children are under the care of educators, nuns and teachers who are like mothers, fathers, elder sisters in the long path to becoming adult.

The children's time is divided among school, play and recreation and public spaces become a place of sharing and growth.

### *How can we help?*

Breaking the bread is to share the care of children, through the response to the basic needs of their growth: purchase of milk powder and special milk, diapers and medicines, as well as the possibility of access to specialist medical visits.



# CUBA

October 4, 2016: a date that the inhabitants of the eastern part of the Island of Cuba will hardly forget.

Hurricane Matthew, with its devastating force, fell down on the coast and inland of the province of Guantánamo - Baracoa, right where the Church of Bergamo is present.

In Cuba there were no victims, but the trail of destruction crippled the people: the wooden houses (wood is the material used for the construction of housing) were uprooted, the bridges destroyed, rivers overflowed, trees downed, the electric towers knocked down ... The priests from Bergamo reported so much fear, the inability of people to salvage their few possessions, the dream of a better future swept away by the violence of the wind.

The missionaries opened their homes, left standing because made of bricks, to accommodate as many people as possible, after the catastrophe.

The passage of Matthew has delivered an apocalyptic landscape and a future full of anguish.

### *How can we help?*

Breaking the bread is reconstructing houses as masonry, but also as a Christian and profoundly human gesture of consolidation of family and social fabric so that they do not disperse in the crisis.

ASH WEDNESDAY

WEDNESDAY

01

M A R C H

change



“Pray to your Father who is in that secret place” (Mt 6:6).

A cut out of light creates an intimate space of silence.

Essential and secret place where the Lord invites us to enter to model our hearts to his.

Lent is a favorable time to withdraw from the bustle and to decide to live in secret, where the Father sees us, loves us, waits for us. Wherever there is an ever burning candle, a sign of the merciful love that precedes and lives waiting to be discovered, experienced and witnessed.

There, where the Gospel is a reference, model and mirror in this time of conversion.

Wherever there is a handful of ashes, reminding how fragile and vulnerable man is, and therefore, always in need of change to return to God with all his heart (Joel 2:12).

The sign of the Cross

## From the Gospel according to Matthew (6, 5-6)

Jesus said to his disciples: “And when you pray, do not imitate the hypocrites: they love to say their prayers standing up in the synagogues and at the street corners for people to see them. In truth I tell you, they have had their reward. But when you pray, go to your private room, shut yourself in, and so pray to your Father who is in that secret place, and your Father who sees all that is done in secret will reward you”.

*This is the first day of Lent, and immediately we are invited to pay attention to what we seek. We are asked for a decisive change of perspective so that our hearts be free to live prayer, almsgiving and fasting.*

### Let us pray

Lord,  
you grant us the time of conversion.  
A time to travel beside you the ways of life,  
together with our brothers,  
those who are near and those who are far away.  
Grant us the courage to walk swiftly  
and not to stop.

### Our Father

*Let us bless the Lord.*  
Thanks be to God.

The sign of the Cross

THURSDAY  
**02**  
MARCH

**From the Gospel according to Luke (9, 23-25)**

**Then, speaking to all, Jesus said, "If anyone wants to be a follower of mine, let him renounce himself and take up his cross every day and follow me. Anyone who wants to save his life will lose it; but anyone who loses his life for my sake, will save it. What benefit is it to anyone to win the whole world and forfeit or lose his very self?"**

*Jesus invites us to follow Him every day, giving up our selfishness and facing the struggle of the journey. What counts and values most is to fully realize ourselves and our lives.*

**Let us pray**

Lord, you give us the time of conversion. A time in which passing through Your side the ways of life, together with our brothers, those who are near and those who are far away. Grant us the courage to walk quickly and not to stop.

**Our Father**

*Let us bless the Lord.*  
Thanks be to God.

The sign of the Cross

FRIDAY  
**03**  
MARCH

**From "Evangelii Gaudium", n.20-21**

**All of us are called to take part in this new missionary "going forth". Each Christian and every community must discern the path that the Lord points out, but all of us are asked to obey his call to go forth from our own comfort zone in order to reach all the "peripheries" in need of the light of the Gospel. The Gospel joy which enlivens the community of disciples is a missionary joy.**

**Let us pray**

Recite the prayer of the week.

**Our Father**

*Let us bless the Lord.*  
Thanks be to God.

**listening to...**

**don Giandomenico**

**Epis** *a missionary in Ivory Coast*

In the village of Korobo you live Lent with great intensity: the children make their pilgrimage to the small shrine dedicated to the Virgin Mary, adults commit themselves in living the prayer in the small village church, and in living acts of charity and sharing with the poor. Also Pascal will make Lent a good time to put a little order in his life. Some time ago Pascal, concerned about a thousand problems, began drinking. Alcohol is killing him slowly. He no longer cares about his five children, he no longer cares about his wife and of his work in the fields. A couple of Sundays ago, asking for forgiveness to the whole community, he asked to pray for him and not leave him alone to "fight" this so bad an evil. Pascal wants to change, but not alone: with his community.

**GESTURE**

**Collect in the piggy bank what you have saved this week to support the missionary projects in Bolivia, Ivory Coast, and Cuba.**

The sign of the Cross

SATURDAY  
**04**  
MARCH

**From the Gospel according to Luke (5, 27-28)**

**When Jesus went out after this, he noticed a tax collector, Levi by name, sitting at the tax office, and said to him, "Follow me." And leaving everything Levi got up and followed him.**

*Jesus' gaze captures Levi's life to the point that he does not think twice before leaving everything to follow him! So let us allow Jesus' eyes to rest upon us as well and to question us so that our lives slowly conform to His.*

**Let us pray.**

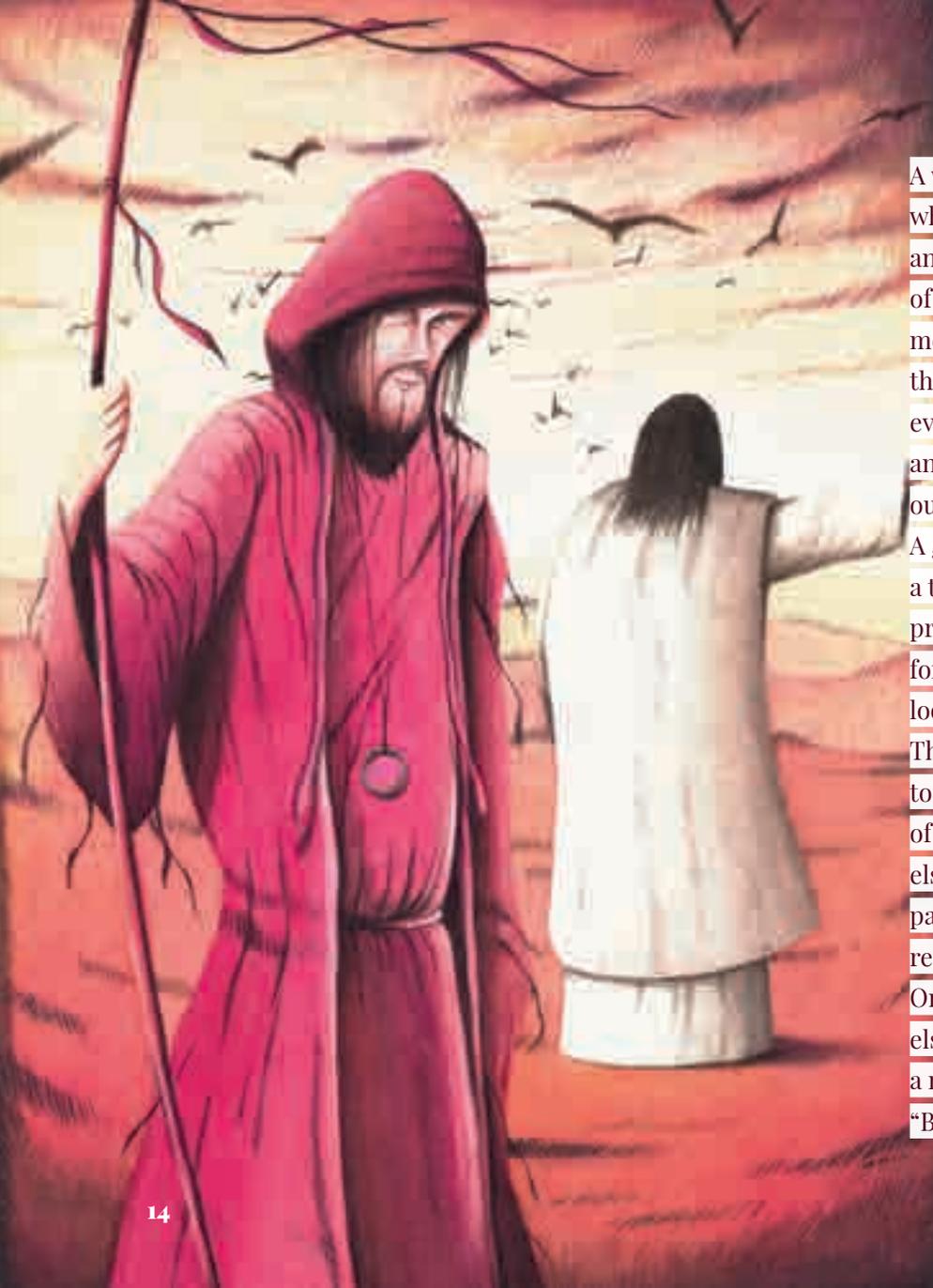
Lord, you give us the time of conversion. A time in which passing through Your side the ways of life, together with our brothers, those who are near and those who are far away. Grant us the courage to walk quickly and not to stop..

**Our Father**

*Let us bless the Lord.*  
Thanks be to God.

SUNDAY  
**05**  
MARCH

**choice**



A wasteland parched by hot air, where everything seems hostile and threatening like the flock of ravens that rises in a low and messy flight. In the desert, the place of trial and temptation, evil disguises himself as a friend and seduces attracting our attention to himself. A good air and a half smile ensnare a tested heart and the seductive proposals blind eyes thirsting for hope. Like Jesus, also for us, looking away is not easy. The decision to turn our backs to the persuasive voice of the tempter and to look elsewhere requires fortitude, patience and perseverance in our relationship with the Father. Only then, like him, we too can turn elsewhere, hunting evil with a resolute gesture and scream: "Be-gone, Satan!" (Mt 4:10).

The sign of the Cross

**From the Gospel according to Matthew**  
**(4, 8-10)**

Next, taking Jesus to a very high mountain, the devil showed him all the kingdoms of the world and their splendour. And he said to him, "I will give you all these, if you fall at my feet and do me homage." Then Jesus replied, "Away with you, Satan! For scripture says: The Lord your God is the one to whom you must do homage, him alone you must serve."

**GRACE AT MEALS**

*In front of our table, Lord, we want to thank You for all Your gifts and ask You to bless our meal and our family.*

**Our Father**  
**Let us bless the Lord.**  
Thanks be to God.

The sign of the Cross

MONDAY

06

MARCH

**From the Gospel according to Matthew (25, 40)**

**And the King will answer, "In truth I tell you, in so far as you did this to one of the least of these brothers of mine, you did it to me."**

*Who are "these my little brethren"? Choosing them is choosing the Lord, preferring them is to prefer the Lord, doing something for them is to do something for the Lord. And it is proper of the just people this counter-current choice.*

**Let us pray**  
Lord,  
this week you ask us to choose,  
following Your example and Your teaching,  
the style of the gift and of the service.  
Help us to overcome every temptation of selfishness.

**Our Father**  
*Let us bless the Lord.*  
Thanks be to God.

The sign of the Cross

TUESDAY

07

MARCH

**From the Gospel according to Matthew (6, 7-8)**

**Jesus said to his disciples: "In your prayers do not babble as the gentiles do, for they think that by using many words they will make themselves heard. Do not be like them; your Father knows what you need before you ask him."**

*The quantity of prayers that we turn to the Father does not count, the essential is the sincerity of our hearts and trust in Him who knows our deepest needs and anticipates us with His love.*

**Let us pray**  
Lord,  
this week you ask us to choose,  
following Your example and Your teaching,  
the style of the gift and of the service.  
Help us to overcome every temptation of selfishness.

**Our Father**  
*Let us bless the Lord.*  
Thanks be to God.

The sign of the Cross

WEDNESDAY

08

MARCH

**From the Gospel according to Luke (11, 29-30)**

**The crowds got even bigger and Jesus addressed them, "This is an evil generation; it is asking for a sign. The only sign it will be given is the sign of Jonah. For just as Jonah became a sign to the people of Nineveh, so will the Son of man be a sign to this generation."**

*Searching for a sign in the sky, on the hand, on the cards is a temptation from which it is hard to escape! We are always looking for signs without realizing that in the constant and faithful presence of the Lord we have not only a sign, but certainty of the love of God.*

**Let us pray**  
Lord,  
this week you ask us to choose,  
following Your example and Your teaching,  
the style of the gift and of the service.  
Help us to overcome every temptation of selfishness.

**Our Father**  
*Let us bless the Lord.*  
Thanks be to God.

The sign of the Cross

THURSDAY

09

MARCH

**From the Gospel according to Matthew (7, 12)**

**Jesus said to his disciples: "So always treat others as you would like them to treat you; that is the Law and the Prophets."**

*What Jesus tells us today seems such a simple thing. Yet we need His strength to put it into practice, because we soon become weary of being generous, especially when we do not receive anything in return.*

**Let us pray**  
Lord,  
this week you ask us to choose,  
following Your example and Your teaching,  
the style of the gift and of the service.  
Help us to overcome every temptation of selfishness.

**Our Father**  
*Let us bless the Lord.*  
Thanks be to God.

The sign of the Cross

From "Evangelii Gaudium", n.91

It is necessary to help to recognize that the only way is to learn to meet with the other with the right attitude, appreciating and accepting them as fellow travelers, without inner resistances. Better still it is to learn to discover Jesus in the faces of others, in their voices, in their demands.

Let us pray

Lord, this week you ask us to choose, following Your example and Your teaching, the style of the gift and of the service. Help us to overcome every temptation of selfishness.

Our Father Let us bless the Lord. Thanks be to God.

FRIDAY 10 MARCH

listening

to...

Massimo Giavarini

a missionary in Bolivia

Placing side by side and accompanying many young people in trouble, I had the grace to meet Regina, a 17 year old girl, who died last year of AIDS. Regina was a girl who since childhood has lived on the street because she was abandoned by their parents. On the street she met those who, deceiving her, led her to trust the wrong people that were taught to steal, to sniff, to sell her body, to let herself be mistreated, to become cynical. The last months of her life were suffered a journey of conversion and change. Regina has learned to pray, she asked the

Lord for the capacity to forgive her parents who have abandoned her and those who have deluded and used her. Regina has chosen the good, has chosen Life, for herself and the creature that was growing in her.

GESTURE

Collect in the piggy bank what you have saved this week to support missionary projects in Bolivia, Ivory Coast, and Cuba.



The sign of the Cross

From the Gospel according to Matthew (5, 46-47)

For if you love those who love you, what reward will you get? Do not even the tax collectors do as much? And if you save your greetings for your brothers, are you doing anything exceptional?

What are we called to be as christians? Authentic disciples of the Lord in love to all, friends and enemies. This is the way that the Word shows us today!

Let us pray

Lord, this week you ask us to choose, following Your example and Your teaching, the style of the gift and of the service. Help us to overcome every temptation of selfishness.

Our Father Let us bless the Lord. Thanks be to God.

SATURDAY 11 MARCH

SUNDAY

12

MARCH

courage



Jesus reveals to his friends his true face. His clothes are dazzling white and his body exudes a powerful light. The body of Jesus is a bright star that makes our Lenten journey clearer. The light of his Transfiguration tells us that the trip he has undertaken is the right one and it foretells the goal: the glory of Easter. The eyes of the disciples cannot hold such a luminous promise. Fear obscures them. But Jesus urges us to have courage. He touches lightly our skin and speaks to our heart: "Stand up, do not be afraid" (Mt 17:7). He guides our sight towards the wider perspectives: His and our never broken bond with the Father. Let us fill our eyes with the glory of the transfigured flesh of Jesus, whose extended arms, both on Tabor and on the cross, join forever heaven and earth.

Sign of the Cross

## From the Gospel according to Matthew

(17, 5-8)

Peter was still speaking when suddenly a bright cloud covered them with shadow, and suddenly from the cloud there came a voice which said, "This is my Son, the Beloved; he enjoys my favour. Listen to him." When they heard this, the disciples fell on their faces, overcome with fear. But Jesus came up and touched them, saying, "Stand up, do not be afraid." And when they raised their eyes they saw no one but Jesus.

## GRACE AT MEALS

*Lord Jesus,  
please sit with us too,  
as we share this meal,  
that we may feel you close to our family.*

### Our Father

*Let us bless the Lord.  
Thanks be to God.*

Sign of the Cross

**From the Gospel according to Luke (6, 37b-38)**

MONDAY  
**13**  
MARCH

“Forgive, and you will be forgiven. Give, and there will be gifts for you: a full measure, pressed down, shaken together, and overflowing, will be poured into your lap; because the standard you use will be the standard used for you.”

*The promise of a full and overflowing reward demands a great courage, the courage of forgiveness and self-giving. Let us ask the Lord to make us capable of limitless love.*

**Let us pray**  
Lord, with our eyes raised above, we entrust ourselves to you!  
The journey to Jerusalem is hard, asking of us the courage of faith! Sustain our steps, at times unsteady, and grant us your assurance.

**Our Father**  
*Let us bless the Lord.*  
Thanks be to God.

Sign of the Cross

**From the Gospel according to Matthew (23, 1.9-12)**

TUESDAY  
**14**  
MARCH

Then addressing the crowds and his disciples Jesus said: “You must call no one on earth your father, since you have only one Father, and he is in heaven. Nor must you allow yourselves to be called teachers, for you have only one Teacher, the Christ. The greatest among you must be your servant. Anyone who raises himself up will be humbled, and anyone who humbles himself will be raised up.”

*In order to be happy we are asked to become servants. Happiness consists in our service to our brethren who are close to us in our daily life. Jesus himself has done so, by loving his own till the end.*

**Let us pray**  
Lord, with our eyes raised above, we entrust ourselves to you!  
The journey to Jerusalem is hard, asking of us the courage of faith! Sustain our steps, at times unsteady, and grant us your assurance.

**Our Father**  
*Let us bless the Lord.*  
Thanks be to God.

Sign of the Cross

**From the Gospel according to Matthew (20, 18-19)**

WEDNESDAY  
**15**  
MARCH

“Look, we are going up to Jerusalem, and the Son of man is about to be handed over to the chief priests and scribes. They will condemn him to death and will hand him over to the gentiles to be mocked and scourged and crucified; and on the third day he will be raised up again.”

*It is a journey saturated with a distressing awareness of what Jesus is undertaking! Let us ask for the courage to be his companions on the way, especially in moments of trials, so we can rejoice with him in his Resurrection.*

**Let us pray**  
Lord, with our eyes raised above, we entrust ourselves to you!  
The journey to Jerusalem is hard, asking of us the courage of faith! Sustain our steps, at times unsteady, and grant us your assurance.

**Our Father**  
*Let us bless the Lord.*  
Thanks be to God.

Sign of the Cross

**From the Gospel according to Luke (16, 19-21)**

THURSDAY  
**16**  
MARCH

Jesus said to Pharisees: “There was a rich man who used to dress in purple and fine linen and feast magnificently every day. And at his gate there used to lie a poor man called Lazarus, covered with sores, who longed to fill himself with what fell from the rich man’s table. Even dogs came and licked his sores.”

*Even in today’s world there are people who are either too rich or too poor. The eyes of Jesus look upon the poor man with benevolence. He gives him a name and covers him with dignity. Let us learn too to look upon others with love.*

**Let us pray**  
Lord, with our eyes raised above, we entrust ourselves to you!  
The journey to Jerusalem is hard, asking of us the courage of faith! Sustain our steps, at times unsteady, and grant us your assurance.

**Our Father**  
*Let us bless the Lord.*  
Thanks be to God.

Sign of the Cross

From "Evangelii Gaudium", n.49

More than by fear of going astray, my hope is that we will be moved by the fear of remaining shut up within structures which give us a false sense of security, within rules which make us harsh judges, within habits which make us feel safe, while at our door people are starving and Jesus does not tire of saying to us: "Give them something to eat" (Mk 6:37).

**Let us pray**

Lord, with our eyes raised above, we entrust ourselves to you! The journey to Jerusalem is hard, asking of us the courage of faith! Sustain our steps, at times unsteady, and grant us your assurance.

**Our Father**  
*Let us bless the Lord.*  
Thanks be to God.

FRIDAY  
**17**  
MARCH

**Listening to... don Matteo Cortinovis**

*missionary in Cuba*

Matthew is the name of the hurricane that, on October 4, transformed the city of Baracoa and surroundings into a huge rubble: the damage has been immense. Small daily gestures have helped to regain back the strength and faith needed to look ahead, beyond ruins, lost properties, tears and discouragement. The night of the hurricane, both Protestants and Catholics, sheltered in the same place, prayed together: the night was illumined by united spirit of prayer. The hurricane destroyed several churches, but not the living Church of people. Visiting the people and the



communities and sharing in their pain, together with the arrival of the first material aids, was the greatest gift for the poor. A significant testimony came from the youth of Cuban parishes who reached our communities to help them raise their eyes to the Lord. Shared faith and witnessing have reawakened the desire to hope for the future.

**GESTURE**

Collect in the piggy bank what you have saved this week to support the missionary projects in Bolivia, Ivory Coast, and Cuba.

Sign of the Cross

From the Gospel according to Luke (15, 18-20)

"I will leave this place and go to my father and say: Father, I have sinned against heaven and against you; I no longer deserve to be called your son; treat me as one of your hired men." So he left the place and went back to his father. While he was still a long way off, his father saw him and was moved with pity. He ran to the boy, clasped him in his arms and kissed him.

*To choose to return to the Father's house is to make a decision for Life. The Father always waits for us with open arms. Meanwhile, what is asked of us is to set ourselves on the journey.*

**Let us pray**

Lord, with our eyes raised above, we entrust ourselves to you! The journey to Jerusalem is hard, asking of us the courage of faith! Sustain our steps, at times unsteady, and grant us your assurance.

**Our Father**  
*Let us bless the Lord.*  
Thanks be to God.

SATURDAY  
**18**  
MARCH

SUNDAY

19

MARCH

encounter



The well is the centre which revolves the gestures and words of Jesus and the Samaritan woman. The place of the encounter which renews life becomes the pivot of every action: leaning on it Jesus, with an ample gesture, invites the woman to share the good news; she seems to set herself on a run hurling around the well. Her gaze has set the goal clear: her village and her people. The forgotten jar and her running fast to share with everybody the encounter that has changed her life, reveal the joy for a most desired truth which has finally found fulfilment. At the well there remains the pitcher, symbol of a heart formerly withered and consumed by the thirst of living water. A heart that is now like a wellspring of overwhelming joy, like the song of fountain that will never go dry.

Sign of the Cross

## From the Gospel according to John

(4, 19-20, 23-26)

“I see you are a prophet, sir,” said the Samaritan woman. “Our fathers worshipped on this mountain, though you say that Jerusalem is the place where one ought to worship.” Jesus said: “But the hour is coming -- indeed is already here -- when true worshippers will worship the Father in spirit and truth: that is the kind of worshiper the Father seeks. God is spirit, and those who worship must worship in spirit and truth”. The woman said to him, “I know that Messiah -- that is, Christ -- is coming; and when he comes he will explain everything.” Jesus said, “That is who I am, I who speak to you.”

## GRACE AT MEALS

*As we enjoy the food and drinks of this festive day, we ask of you, Jesus, to make us always feel the thirst for a deep encounter with you.*

### Our Father

*Let us bless the Lord.*

Thanks be to God.

Sign of the Cross

**From the Gospel according to Luke (4, 25-27)**

MONDAY  
**20**  
MARCH

“There were many widows in Israel, I can assure you, in Elijah’s day, when heaven remained shut for three years and six months and a great famine raged throughout the land, but Elijah was not sent to any one of these: he was sent to a widow at Zarephath, a town in Sidonia.”

*In order to understand the plan of God we need the capacity to listen to His Word and to let ourselves be challenged by it, especially when it doesn't agree with our expectations.*

**Let us pray**  
Lord,  
this week you invite us to open our eyes to encounter our brethren and their heart.  
Help us to see your face in every person.

**Our Father**  
*Let us bless the Lord.*  
Thanks be to God.

Sign of the Cross

**From the Gospel according to Matthe (18, 21-22)**

TUESDAY  
**21**  
MARCH

Then Peter went up to him and said, “Lord, how often must I forgive my brother if he wrongs me? As often as seven times?”  
Jesus answered, “Not seven, I tell you, but seventy-seven times.”

*Jesus invites us to forgive, not only sometimes, when it feels easier, but repeatedly, we could say always. Let us learn from him the standard and measure of true mercy.*

**Let us pray**  
Lord,  
this week you invite us to open our eyes to encounter our brethren and their heart.  
Help us to see your face in every person.

**Our Father**  
*Let us bless the Lord.*  
Thanks be to God.

Sign of the Cross

**From the Gospel according to Matthew (5, 17)**

WEDNESDAY  
**22**  
MARCH

Jesus said to his disciples: “Do not imagine that I have come to abolish the Law or the Prophets. I have come not to abolish but to complete them.”

*Jesus is the encounter between the old and the new. In Jesus, the plan of God finds its fulfillment. It's an invitation addressed to each one of us: let us entrust everything and everybody to Jesus. Nothing will be lost! It's the assurance of our faith.*

**Let us pray**  
Lord,  
this week you invite us to open our eyes to encounter our brethren and their heart.  
Help us to see your face in every person.

**Our Father**  
*Let us bless the Lord.*  
Thanks be to God.

Sign of the Cross

**From the Gospel according to Luke (11, 21-23)**

THURSDAY  
**23**  
MARCH

“So long as a strong man fully armed guards his own home, his goods are undisturbed; but when someone stronger than himself attacks and defeats him, the stronger man takes away all the weapons he relied on and shares out his spoil. Anyone who is not with me is against me; and anyone who does not gather in with me throws away.”

*Jesus is clear; he doesn't bargain: we are either with him or against him. His offer is firm and demanding: if we decide for him, we contribute to the building of his Kingdom.*

**Let us pray**  
Lord,  
this week you invite us to open our eyes to encounter our brethren and their heart.  
Help us to see your face in every person.

**Our Father**  
*Let us bless the Lord.*  
Thanks be to God.

Sign of the Cross

From "Evangelii Gaudium",  
n.46

A Church which "goes forth" is a Church whose doors are open. Going out to others in order to reach the fringes of humanity does not mean rushing out aimlessly into the world. Often it is better simply to slow down, to put aside our eagerness in order to see and listen to others, to stop rushing from one thing to another and to remain with someone who has faltered along the way.

**Let us pray**

Lord,  
this week you invite us to open our eyes to encounter our brethren and their heart.  
Help us to see your face in every person.

**Our Father**

*Let us bless the Lord.*  
Thanks be to God.

FRIDAY  
**24**  
MARCH

**listening**

**to...**

**Roberto Vecchi**

*missionary in Ivory Coast*

Two weeks ago I was in a village quite far from the town. It's a small village wherein people seem to be very enterprising. It's built around a well, excavated deeply in order to reach clearer and cleaner water. Since in the houses there are no faucets, women and children go to the well several times a day to draw water. In this way the well has become the village plaza: people meet, talk, share news, bring along some tomatoes out of the previous evening meal to give them away to a young mother who cannot afford to have

a small vegetable garden, volunteer to supervise children while playing, share with needy mothers some clothes turned too short on their children ... Around the well there happen the most beautiful and meaningful encounters, those which give real life.

**GESTURE**

Collect in the piggy bank what you have saved this week to support missionary projects in Bolivia, Ivory Coast, and Cuba.



Solemnity of the Annunciation

Sign of the Cross

From the Gospel according to Luke (1, 26-28)

In the sixth month the angel Gabriel was sent by God to a town in Galilee called Nazareth, to a virgin betrothed to a man named Joseph, of the House of David; and the virgin's name was Mary. He went in and said to her, "Rejoice, you who enjoy God's favour! The Lord is with you."

*God is possessed by the desire to encounter man! Mary, a very young woman of Nazareth, lets herself be touched by His love! Our life is so precious in the eyes of God that He is in a constant pursuit to encounter us without waiting for our initiative.*

**Let us pray**

Lord,  
this week you invite us to open our eyes to encounter our brethren and their heart.  
Help us to see your face in every person.

**Our Father**

*Let us bless the Lord.*  
Thanks be to God.

SATURDAY  
**25**  
MARCH

SUNDAY  
26  
MARCH

faith



A look of Love restores and renews the life. A man is born again by a look that has the taste of mercy and that restores dignity. Jesus' eyes are penetrating, entering into the darkness of the life of the blind, lifting, consoling, and comforting. Above all they open a new perspective, shed new light that gives meaning and fulfillment to everyday actions. This light is the faith that arises from the living and grateful relationship with Jesus, which moves away from our eyes the bandages of "selfishness and makes us exclaim: "I believe, Lord! "(Jn 9:38). A multitude of ghosts witnessing the miracle of faith. They are the Pharisees, the men of the law, which do not seek and do not meet the saving gaze of Jesus. Those who believe to seeing they fall in the darkness, making their eyes blind.

The sign of the Cross

**From the Gospel according to John**

**(9, 35-38)**

Jesus heard they had ejected the blind, and when he found him he said to him, "Do you believe in the Son of man?"

"Sir," the man replied, "tell me who he is so that I may believe in him." Jesus said, "You have seen him; he is speaking to you." The man said, "Lord, I believe," and worshipped him.

**GRACE AT MEALS**

*Blessed are You, Lord,  
that even today You gather our family  
around this table.*

*Stay with us, because You increase our faith in  
You!*

**Our Father**  
*Let us bless the Lord.*  
Thanks be to God.

The sign of the Cross

**From the Gospel according to John (4, 49-51)**

“Sir,” answered the official, “come down before my child dies.”

“Go home,” said Jesus, “your son will live.” The man believed what Jesus had said and went on his way home; and while he was still on the way his servants met him with the news that his boy was alive.”

*Faith makes miracles because, through it, it operates all the will and power of God. If we are convinced of this we cannot do anything else but entrust ourselves day after day to the Lord, assured that He precedes our every question.*

**Let us pray**

Lord,  
we want to further intensify our journey of conversion. In these days the struggle begins to be felt. Give us the support of the faith, the support of our brothers and Your mercy.

**Our Father**

*Let us bless the Lord.*  
Thanks be to God.

MONDAY

27

MARCH

The sign of the Cross

**From the Gospel according to John (5, 5-9)**

One man there had an illness which had lasted thirty-eight years, and when Jesus saw him lying there and knew he had been in that condition for a long time, he said, “Do you want to be well again?” “Sir,” replied the sick man, “I have no one to put me into the pool when the water is disturbed; and while I am still on the way, someone else gets down there before me.” Jesus said, “Get up, pick up your sleeping-mat and walk around.” The man was cured at once, and he picked up his mat and started to walk around. Now that day happened to be the Sabbath.

*“You want to get well?” Is the question that Jesus makes to each of us. Each one of us, without thinking of the physical illness, has his “wickedness” from which it can be freed by the Lord. Entrusting ourselves to Him, it is possible!*

**Let us pray**

Lord, we want to further intensify our journey of conversion. In these days the struggle begins to be felt. Give us the support of the faith, the support of our brothers and Your mercy.

**Our Father**

*Let us bless the Lord.*  
Thanks be to God.

TUESDAY

28

MARCH

The sign of the Cross

**From the Gospel according to John (5, 19-20)**

To this Jesus replied: “In all truth I tell you, by himself the Son can do nothing; he can do only what he sees the Father doing; and whatever the Father does the Son does too. For the Father loves the Son and shows him everything he himself does, and he will show him even greater things than these, works that will astonish you.”

*The Father has entrusted everything in the hands of Jesus and the man who believes receives life in abundance. We desire then to adhere increasingly to the life of Jesus to live - like him - a life of the risen. The journey of Lent urges us to this bond.*

**Let us pray**

Lord,  
we want to further intensify our journey of conversion. In these days the struggle begins to be felt. Give us the support of the faith, the support of our brothers and Your mercy.

**Our Father**

*Let us bless the Lord.*  
Thanks be to God.

WEDNESDAY

29

MARCH

The sign of the Cross

**From the Gospel according to John (5, 33-35)**

You sent messengers to John, and he gave his testimony to the truth - not that I depend on human testimony; no, it is for your salvation that I mention it. John was a lamp lit and shining and for a time you were content to enjoy the light that he gave.

*Jesus is the truth of the story of every man. It is the light that illuminates our history and in Him we can find true joy that accompanies our every step towards Easter.*

**Let us pray**

Lord,  
we want to further intensify our journey of conversion. In these days the struggle begins to be felt. Give us the support of the faith, the support of our brothers and Your mercy.

**Our Father**

*Let us bless the Lord.*  
Thanks be to God.

THURSDAY

30

MARCH

The sign of the Cross

Da "Evangelii Gaudium", n.14

All of them have a right to receive the Gospel. Christians have the duty to proclaim the Gospel without excluding anyone. Instead of seeming to impose new obligations, they should appear as people who wish to share their joy, who point to a horizon of beauty and who invite others to a delicious banquet. It is not by proselytizing that the Church grows, but "by attraction".

Let us pray

Lord, we want to further intensify our journey of conversion. In these days the struggle begins to be felt. Give us the support of the faith, the support of our brothers and Your mercy.

Our Father

Let us bless the Lord. Thanks be to God.

FRIDAY 31 MARCH

listening to... don Fabio Calvi

a missionary in Bolivia

Camila is 30 years old and lives on "the Bolivian high plateau, at 4000 meters, near Lake Titicaca. Her life is very essential: she has four children and a husband who is never at home. Camila does not have many pretensions: she welcomes what comes day to day. Since childhood she was accustomed to pray, and so lives the faith, in a very simple, but intense and concrete. When I happen to meet her walking on the street, she always stops to ask me to be blessed; when I go to her community for the Mass, she always lingers before the statues of the saints

and the Virgin Mary: she touches them several times and then makes the sign of the cross. I also happened to see her cry before the statue of Mary: Camila asks many times to be sustained by Mary. The life of Camila is a true testimony of faith: for me and for those who had known her she is a great gift.

GESTURE

Collect in the piggy bank what you have saved this week to support missionary projects in Bolivia, Ivory Coast, and Cuba.



The sign of the Cross

From the Gospel according to John (7, 40-43)

Some of the crowd who had been listening said, "He is indeed the prophet," and some said, "He is the Christ," but others said, "Would the Christ come from Galilee? Does not scripture say that the Christ must be descended from David and come from Bethlehem, the village where David was?" So the people could not agree about him.

The person of Jesus raises a reflection and not only that: in front of Him there are different attitudes. Then we ask the Lord to give us a look of faith to recognize who He really is for us and for everyone.

Let us pray

Lord, we want to further intensify our journey of conversion. In these days the struggle begins to be felt. Give us the support of the faith, the support of our brothers and Your mercy.

Our Father

Let us bless the Lord. Thanks be to God.

SATURDAY 01 APRIL

SUNDAY  
02  
APRIL

life



Real life comes from the gaze raised by Jesus to the Father. Jesus raises His eyes to heaven, and, giving thanks, it reveals the meaning of life: the surrendering to the will of the Father, in the certainty of His love for each child. Thanksgiving is the prayer that frees life. The grateful words addressed to the Father, teach us to remember always that in every man the creator has written the promise of a life that cannot die with the death. The body of Lazarus re-emerges from the darkness and returns to life. It is an extraordinary sign of the fruitful love of God towards humanity, of an accomplished, free and new existence, that awaits. A faithful life and love that asks us to go out, to win the death that grips us and tells us like Lazarus: "Come out!" (Jn 11:43).

The sign of the Cross

## From the Gospel according to John

(11, 41-44)

So they took the stone away. Then Jesus lifted up his eyes and said: Father, I thank you for hearing my prayer. I myself knew that you hear me always, but I speak for the sake of all these who are standing around me, so that they may believe it was you who sent me". When he had said this, he cried in a loud voice, "Lazarus, come out!" The dead man came out, his feet and hands bound with strips of material, and a cloth over his face. Jesus said to them, "Unbind him, let him go free".

## GRACE AT MEALS

*Lord of life,  
thanks for the food and for those who have  
prepared it with care  
on this day of feast.  
Make us grateful for all the gifts  
that our family receives from You!*

### Our Father

*Let us bless the Lord.  
Thanks be to God.*

The sign of the Cross

MONDAY

03  
A P R I L

**From the Gospel according to John (8, 9-11)**

When they heard this they went away one by one, beginning with the eldest, until the last one had gone and Jesus was left alone with the woman, who remained in the middle. Jesus again straightened up and said, "Woman, where are they? Has no one condemned you?" "No one, sir," she replied. "Neither do I condemn you," said Jesus. "Go away, and from this moment sin no more."

*Jesus restores the fullness of life and dignity to a woman who otherwise would be stoned. His Word is enough because we can share in our everyday lives of weak men and in need of others.*

**Let us pray**

This week, Lord,  
You call us to live in fullness,  
coming out from our closures,  
freeing us from many chains  
that weigh down our lives.  
It is that we raise our eyes to You  
who are the Resurrection and the Life!

**Our Father**

*Let us bless the Lord.*  
Thanks be to God.

The sign of the Cross

TUESDAY

04  
A P R I L

**From the Gospel according to John (8, 28-30)**

So Jesus said: When you have lifted up the Son of man, then you will know that I am He and that I do nothing of my own accord. What I say is what the Father has taught me; he who sent me is with me, and has not left me to myself, for I always do what pleases him. As he was saying this, many came to believe in him.

*The words of Jesus arouse the faith in many people that listen because they say the intimate communion between Him and the Father. We too desire to follow him by placing ourselves in His discipleship as true missionary disciples.*

**Let us pray**

This week, Lord,  
You call us to live in fullness,  
coming out from our closures,  
freeing us from many chains  
that weigh down our lives.  
It is that we raise our eyes to You  
who are the Resurrection and the Life!

**Our Father**

*Let us bless the Lord.*  
Thanks be to God.

The sign of the Cross

WEDNESDAY

05  
A P R I L

**From the Gospel according to John (8, 31-32)**

To the Jews who believed in him Jesus said: "If you make my word your home you will indeed be my disciples; you will come to know the truth, and the truth will set you free."

*It is fidelity to the Word of the Lord the essential condition for being disciples and living in Truth. The Lenten season spurs us to listen and live the Word of God as good news on our lives.*

**Let us pray**

This week, Lord,  
You call us to live in fullness,  
coming out from our closures,  
freeing us from many chains  
that weigh down our lives.  
It is that we raise our eyes to You  
who are the Resurrection and the Life!

**Our Father**

*Let us bless the Lord.*  
Thanks be to God.

The sign of the Cross

THURSDAY

06  
A P R I L

**From the Gospel according to John (8, 51)**

Jesus said to Jews "In all truth I tell you, whoever keeps my word will never see death."

*Keeping the Word and following its teachings is the secret in order to have, as of today, a full life and forever. Under the cross, our fidelity will be put to the difficult test, it will risk death to have the last word.*

**Let us pray**

This week, Lord,  
You call us to live in fullness,  
coming out from our closures,  
freeing us from many chains  
that weigh down our lives.  
It is that we raise our eyes to You  
who are the Resurrection and the Life!

**Our Father**

*Let us bless the Lord.*  
Thanks be to God.

The sign of the Cross

From "Evangelii Gaudium", n.266

It is not the same thing to try to build the world with his Gospel as to try to do so by our own lights. We know well that with Jesus life becomes richer and that with him it is easier to find meaning in everything. This is why we evangelize. A true missionary, who never ceases to be a disciple, knows that Jesus walks with him, speaks to him, breathes with him, works with him.

**Let us pray**  
This week, Lord, You call us to live in fullness, coming out from our closures, freeing us from many chains that weigh down our lives. It is that we raise our eyes to You who are the Resurrection and the Life!

**Our Father**  
*Let us bless the Lord.*  
Thanks be to God.

FRIDAY  
07  
APRIL

# listening to... don Pierluigi Manenti

*missionary in Cuba*

Danne is a 14 year old boy, he studies and is part of the group of teenagers of the community of San Antonio del Sur in Cuba. He has always been very attentive to others especially for those old age or sick who are no longer independent. Some time ago, one of his neighbour, Luis, fell during the construction of his small shop and the fall caused him immobility in the legs and a fracture to hip; now he finds himself on a wheelchair, alone, for his wife and daughters have abandoned him. Danne took the good habit, whenever

he can, to go and visit him: he helps him to cook, clean the house, talk to him and he cheers, smiles and his face transforms ... Luis is very happy when he feels welcomed and accepted by others and Danne knows him, for nothing in the world will be renounced to give a smile to this man.

## GESTURE

Collect in the piggy bank what you have saved this week to support missionary projects in Bolivia, Ivory Coast, and Cuba.



The sign of the Cross

From the Gospel according to John (11, 45-47)

Many of the Jews who had come to visit Mary, and had seen what he did, believed in him, but some of them went to the Pharisees to tell them what Jesus had done. Then the chief priests and Pharisees called a meeting. "Here is this man working all these signs," they said, "and what action are we taking?"

*It is really strange: the Resurrection of Lazarus arouses some reactions even more fierce against Jesus. What is ours? What do we do of the Life that is given to us?*

**Let us pray**  
This week, Lord, You call us to live in fullness, coming out from our closures, freeing us from many chains that weigh down our lives. It is that we raise our eyes to You who are the Resurrection and the Life!

**Our Father**  
*Let us bless the Lord.*  
Thanks be to God.

SATURDAY  
08  
APRIL

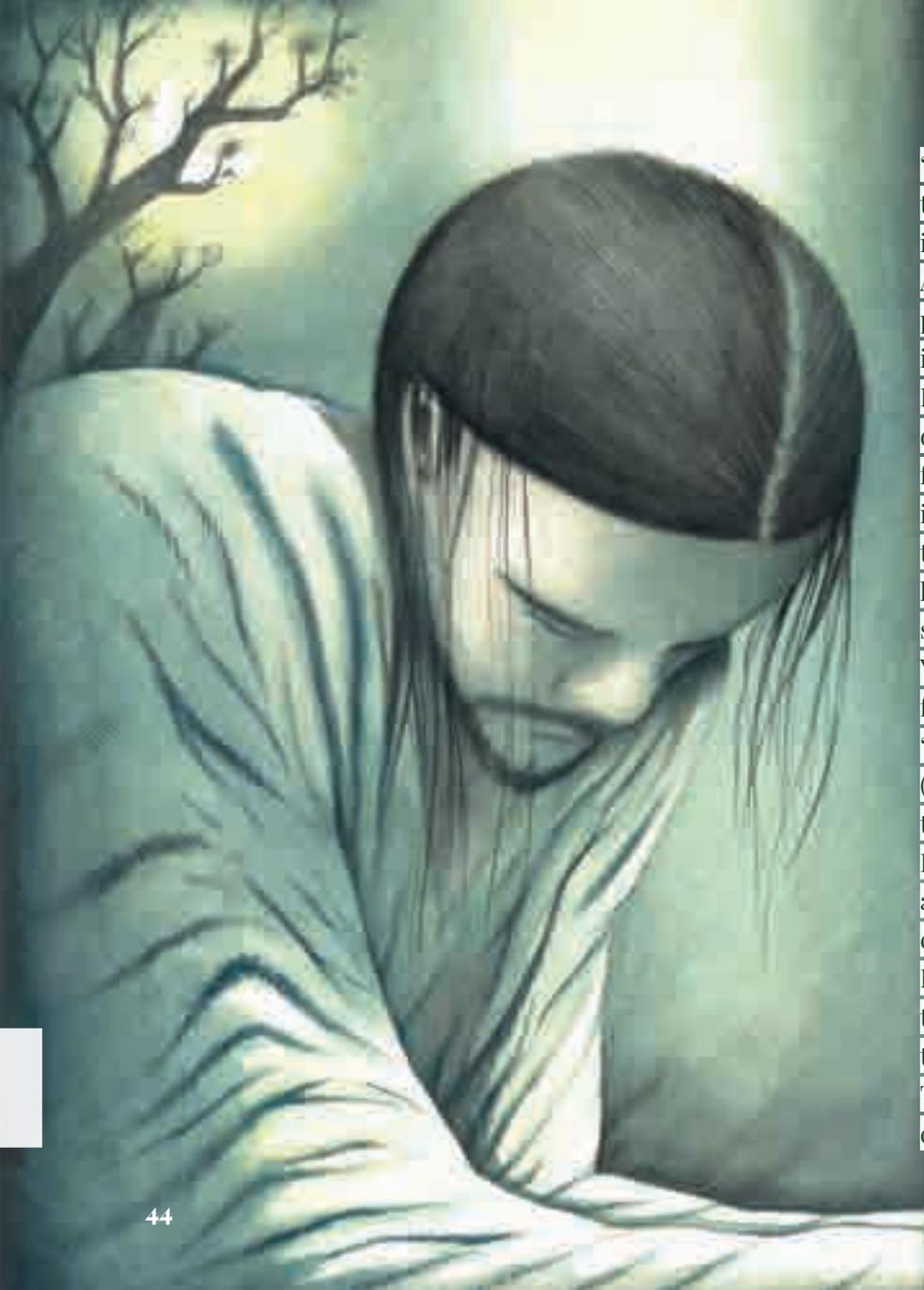
PALM SUNDAY

SUNDAY

09

APRIL

fidelity



“He was wounded for our transgressions, crushed for our iniquities” (Is. 53: 5).

As the song of the servant of the prophet Isaiah, Jesus is put strongly into challenged.

His body seems not to bear in front of the extreme test: to offer His life for the salvation of men. The face is turned to the ground, in the land that he loved so much and to which he is giving his existence. Now He struggles to raise his eyes to heaven.

Yet, even in pain, his heart remains faithful to the will of the Father:

“Not as I will, but as thou wilt” (Matthew 26:39). Among the olive trees emerges the moonlight.

In the midst of darkness a light opens and goes to fall on his arm as a loving caress of the Father.

It is the response of the faithful God that no tear of the Son is left to fall in vain.

The Father’s response that gathers every tear of man.

The sign of the Cross

## From the Gospel according to Matthew

(26, 39-41)

And going on a little further Jesus fell on his face and prayed. “My Father,” he said, “if it is possible, let this cup pass me by. Nevertheless, let it be as you, not I, would have it.” He came back to the disciples and found them sleeping, and he said to Peter, “So you had not the strength to stay awake with me for one hour? Stay awake, and pray not to be put to the test. The spirit is willing enough, but human nature is weak.”

## GRACE AT MEALS

*Jesus, You are like the one who serves at our table, making us not miss anything.*

*Take care of us because we can learn from you the service and fidelity.*

### Our Father

*Let us bless the Lord.*

Thanks be to God.

# This is the time of mercy

Every day of our journey is marked by the presence of God who guides our steps with the power of grace that the Spirit infuses in the heart to mold it and make it capable of loving. It is the time of mercy for all and for each one, because no one can think of to be foreign to the nearness of God and the power of his tenderness. It is the time of mercy for every sinner does not weary of asking for forgiveness and feel the hand of the Father who always welcomes and holds tight.

[Pope Francis, *Mercy et misericordia*, n.21]

In this Holy Week, let us accept the invitation of Pope Francis and of priests of our community to carve shape us some time to celebrate the Sacrament of Reconciliation and rediscovering in ourselves that we are immensely loved by the Father. Let us not be weary of asking forgiveness as a moment of truth for ourselves and others and as a continuous experience of our being children of God who gave His entire self for us.

The sign of the Cross

From the Gospel  
according to John  
(12, 2-4)

**They gave a dinner for him there; Martha waited on them and Lazarus was among those at table. Mary brought in a pound of very costly ointment, pure nard, and with it anointed the feet of Jesus, wiping them with her hair; the house was filled with the scent of the ointment. Then Judas Iscariot -- one of his disciples, the man who was to betray him--said.**

*Mary of Bethany does not go saving and "wasting" nard, as Jesus makes no discount on his life. When it comes to love and fidelity the accounts jump, they no longer have reason to exist. We also commit ourselves, in this Holy Week, not to make accounts on giving time, energy and passion for the Lord and brothers.*

### Let's pray

Lord,  
by now we are in Jerusalem!  
This is the goal of Your and our journey.  
We still want to accompany Your steps with more intensity and conviction:  
give us the courage of fidelity  
and the will to reaching up to Calvary.

### Our Father

**Let us bless the Lord.**  
Thanks be to God.

MONDAY

# 10

A P R I L

The sign of the Cross

From the Gospel  
according to John  
(13, 21)

**Having said this, Jesus was deeply disturbed and declared, "In all truth I tell you, one of you is going to betray me." The disciples looked at each other, wondering whom he meant.**

*Even among the Twelve, there is someone who betrays him and denies him. But the Lord never ceases to love anyone, not even the traitors, and offers his life for them.*

### Let's pray

Lord,  
by now we are in Jerusalem!  
This is the goal of Your and our journey.  
We still want to accompany Your steps with more intensity and conviction:  
give us the courage of fidelity  
and the will to reaching up to Calvary.

### Our Father

**Let us bless the Lord.**  
Thanks be to God.

TUESDAY

# 11

A P R I L

The sign of the Cross

From the Gospel  
according to  
Matthew  
(26, 20-23)

**When evening came he was at table with the Twelve. And while they were eating he said, "In truth I tell you, one of you is about to betray me." They were greatly distressed and started asking him in turn, "Not me, Lord, surely?" He answered, "Someone who has dipped his hand into the dish with me will betray me"**

*It is a natural bewilderment of the Twelve in front of the announcement of the betrayal! How is it possible that one of them, who walked for three years alongside the master, now can deliver to the soldiers? This is a risk that we run also our lives today when life and faith go in two opposite directions.*

### Let's pray

Lord,  
by now we are in Jerusalem!  
This is the goal of Your and our journey.  
We still want to accompany Your steps with more intensity and conviction:  
give us the courage of fidelity  
and the will to reaching up to Calvary.

### Our Father

**Let us bless the Lord.**  
Thanks be to God.

WEDNESDAY

# 12

A P R I L

THURSDAY

13

A P R I L

service



“I have given you an example, in fact, you also should do as I have done to you” (Jn 13:15). Jesus bends on the feet of the disciples and washes their feet.

Who expects a strong God and judge the Lord indicates the true path of royalty: the service.

Jesus, the incarnate love of God, indicates clearly what it means to love: becoming the servant of his brother's fragility, stooping humbly on the poor, be at the service of the other.

Even when the other shows not to understand the significance of the gesture.

The bread and wine of the table foreshadow this total and unconditional offer.

They are the source from which the light casts long shadows that come down to us. Every gesture of charity is the light streaming from the broken bread and poured wine.

From a bended body and from donated blood.

The sign of the Cross

## From the Gospel according to John

(13, 12-15)

**When Jesus had washed their feet and put on his outer garments again he went back to the table. “Do you understand”, he said, “what I have done to you? You call me Master and Lord, and rightly; so I am. If I, then, the Lord and Master, have washed your feet, you must wash each other’s feet. I have given you an example so that you may copy what I have done to you”.**

*The whole story of Jesus was characterized by service, until the last day, and the total gift of Himself on the cross. We must welcome with great gratitude His gift!*

### Prayer today

*Lord,  
now we are in Jerusalem!  
This is the goal of Your and our journey.  
We still want to accompany Your steps  
with more intensity and conviction:  
give us the courage to tie our hips  
with the service apron,  
because imitating You we will serve our brothers.*

### Our Father

*Let us bless the Lord.  
Thanks be to God.*

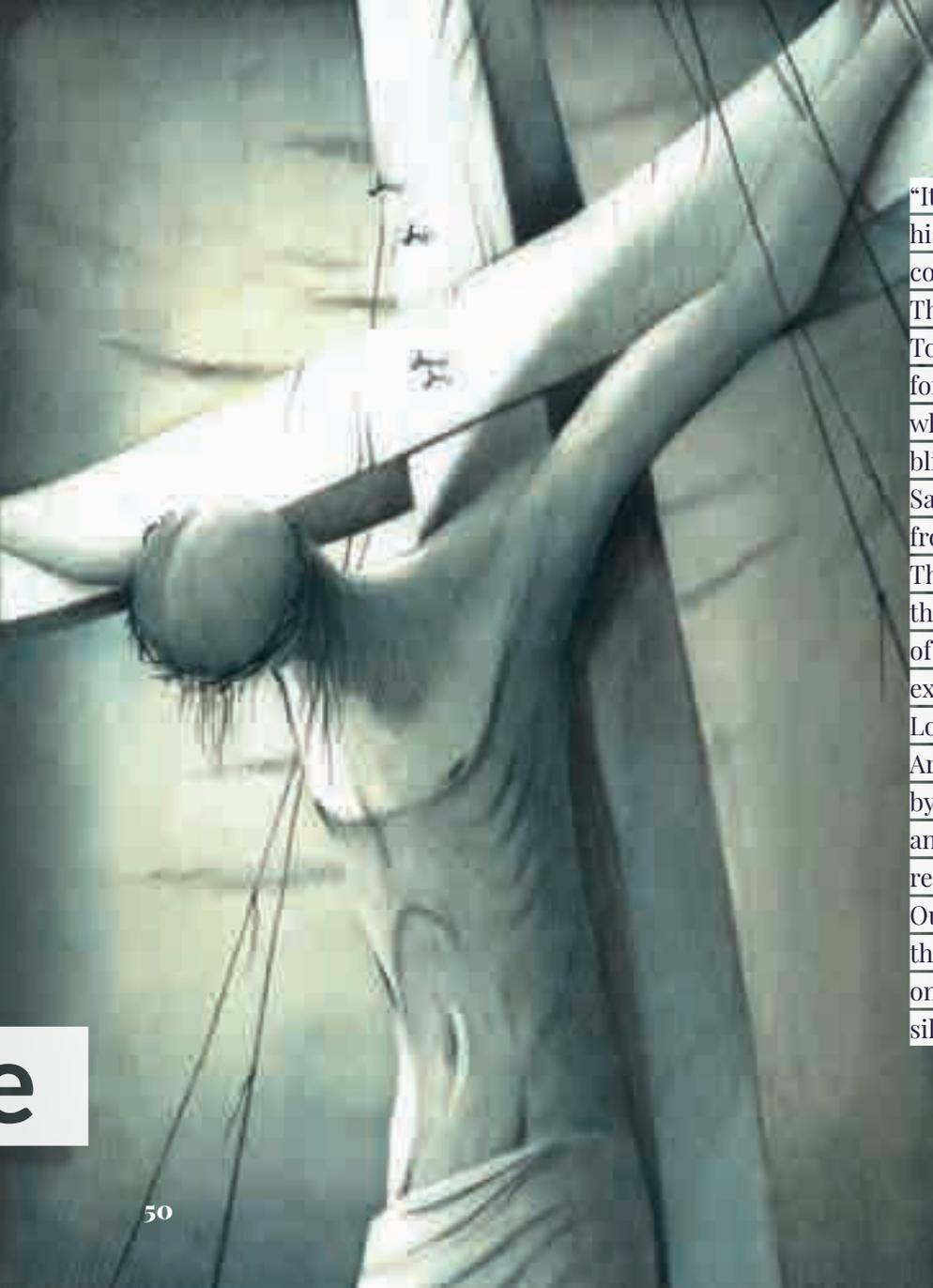
HOLY FRIDAY

F R I D A Y

14

A P R I L

sacrifice



“It is finished” (Jn 19:30) Jesus utters his last words, bows his head and commends His Spirit.

The gaze of Jesus closes permanently. Today the eyes of the Lord who wept for the friend Lazarus, who have given back sight to the blind, who touched the hearts of the Samaritan close and come to snatch from our sight.

The darkness envelops Golgotha, the cross stands out against a sky of livid clouds. It is the hour of the extreme sacrifice. The body of the Lord seems emptied, totally offered.

Around the empty place is surrounded by silence. Everything seems absent and still as the throne of the cross reflects the light of forgiveness.

Our eyes contemplate the gift of love and spared on the crucifix on this day of prayer, silence and pain.

The sign of the Cross

### From the Gospel according to John (19, 28-30)

After this, Jesus knew that everything had now been completed and, so that the scripture should be completely fulfilled, he said: I am thirsty. A jar full of sour wine stood there; so, putting a sponge soaked in the wine on a hyssop stick, they held it up to his mouth. After Jesus had taken the wine he said, “It is fulfilled”; and bowing his head he gave up his spirit.

*Jesus gives himself entirely to humanity. Our eyes are now turned to the Crucified, on this day of prayer, silence, waiting. Despite the sadness and dismay, we do not lose hope.*

### Prayer today

*Today, Jesus,  
we want to fix our eyes  
on You crucified,  
who offer Your life to each of us.  
Your love is so great  
which invites us to silence.*

### Our Father

*Let us bless the Lord.  
Thanks be to God.*

EASTER SUNDAY

SUNDAY

16

APRIL

mission

52



The women left the tomb quickly with fear and great joy. With the heart pounding they run to the eleven to tell what their eyes had seen. In the chest they stir many emotions that move fast, as their steps unstoppable. They are the first witnesses of an event that opens the way to the Church of the mission. Their heart is sure of what their eyes still do not believe: the tomb is opened, the Lord has not betrayed the promise; He is risen! A new dawn is rising, it is the time of the mission! It is Jesus who asks women and us: "Go and tell ... .." (Mt 28,7).

The sign of the Cross

## From the Gospel according to Matthew

(28, 5-8)

But the angel spoke; and he said to the women, "There is no need for you to be afraid. I know you are looking for Jesus, who was crucified.

He is not here, for he has risen, as he said he would. Come and see the place where he lay, then go quickly and tell his disciples, "He has risen from the dead and now he is going ahead of you to Galilee; that is where you will see him." Look! I have told you." Filled with awe and great joy the women came quickly away from the tomb and ran to tell his disciples.

## GRACE AT MEALS

*Lord,  
on this day of feast of Your Resurrection,  
our rich lunch of Your gifts  
tells our joy and our testimony.*

**Our Father**

*Let us bless the Lord.*

Thanks be to God.

53

## From the Gospel according to Luke

24, 28-35

When they drew near to the village to which they were going,  
he made as if to go on; but they pressed him to stay with them saying,  
“It is nearly evening, and the day is almost over.”

*So he went in to stay with them.*

Now while he was with them at table, he took the bread and said the blessing,

*then he broke it  
and handed it to them..*

And their eyes were opened and they recognised him;  
but he had vanished from their sight. Then they said to each other,  
“Did not our hearts burn within us as he talked to us on the road and explained  
the scriptures to us?” They set out that instant and returned to Jerusalem.  
There they found the Eleven assembled together with their companions,  
who said to them, “The Lord has indeed risen and has appeared to Simon.”  
Then they told their story of what had happened on the road  
and how they had recognised him at the breaking of bread.

**...run the risk  
of becoming contagious  
in living values and choices  
that feed on love.**