

Impact

Bring faith to life. Find life in faith.

Do This

We hear it every time we go to Mass. “Do this in memory of me.” Yet how often do we stop to think about it and take it to heart? Jesus’ command is at the very center of Christian discipleship. What does it mean to “do this?”



Do this. Wash feet. On the night before he died, Jesus washed the feet of his disciples, saying, “I have given you a model to follow, so that as I have done for you, you should also do.” Foot washing is about humble service. To wash another’s feet is to touch the most needy part of that person’s life with the love of Christ. **Do this.**

Do this. Become Eucharistic. At the Last Supper, Jesus said, “This is my body, which is given for you..This cup that is poured out for you is the new covenant in my blood.” (Lk 22:19-20) Jesus gave himself completely for our sake. Taking part in the Eucharist is more than “going to Mass.” In the words of St. Augustine, “we become what we receive.” Through active



participation in the Mass, we become more like Christ, ready to give of ourselves, to sacrifice. **Do this.**

Do this. Be united to Christ in community. Receiving the Body and Blood of our Lord is a sacred moment of unity with Christ. It is about more than “me and Jesus,” however. Our union with Christ draws us to be in communion with others. **Do this.**

Do this. Live Christ’s mission. We are sent into the world to share Christ’s presence through our loving attention and service. Christ’s mission is our mission. **Do this.**

Christ’s commission at the Last Supper is the guiding principle of our lives: “**Do this in memory of me.**”

Triduum Three Days

● **Holy Thursday**
On Holy Thursday we participate in the washing of feet. How do you “wash” others through your actions or attention, your ministry, service, and care?

● **Good Friday**
On Good Friday, we kiss or reverence the cross. How do you show reverence or love for the people in your life? What about those who are difficult to love?

● **Easter**
At Easter, we light the Paschal candle, bless water, and feast in the Holy Eucharist. What or who lights your life? How does Mass lead you to follow Jesus as your model and guide?

From darkness to light. From death to new life.

In this most sacred season, we take time to reflect on the Paschal Mystery of Jesus' life, passion, death, and resurrection.

The Paschal Mystery provides a pattern through which we may reflect upon and find deep meaning in our own lives. In faith, we know that death and darkness will always give way to life and light.

The disciples on the road to Emmaus were deeply saddened by Jesus' crucifixion. It was as though their hopes had been killed on the cross. They could not bear to remain in Jerusalem. And as they walked, they came upon Jesus. As often happens in the Gospels, Jesus

sought them out. Jesus showed them the meaning of his life, passion, and death, and in their conversation with him, they began to grasp the real meaning of their faith in him. While still confused and uncertain, they invited him to remain with them. Then, they recognized him in the breaking of the bread. With burning hearts, they hurried back to Jerusalem to share the good news with the other disciples. Their darkness and despair was transformed. Suddenly, they knew the hope of new life.

Like the disciples on the road, we all experience sadness, disappointment, and loss. It is in these moments that we most need to know God's love. At times, we encounter Christ in prayer, especially at Mass, in the breaking of the bread. At other times, we experience God's presence through the care of another. Not only can we place our hope in our Risen Lord, we know that he walks with us, as one who has experienced darkness and death. In his resurrection is our promise of life and light.

Let us pray

Lord Jesus, your life, death, and resurrection show us God's saving love, beyond our comprehension.

Our only response can be thankful praise, lived in word and deed, day-by-day, life-to-life.

Forgive our failings, show us the way from darkness to light, and urge us to share your love in the world.

You are one with the Father and the Holy Spirit. Now and forever. Amen.



discouraged by our falls, can we feel loved by Him, our life will be new, inspired by serenity and joy. God is our strength! God is our hope!"

"The temptation to put God to one side, to put ourselves at the center is ever-present and the experience of sin wounds our Christian life, our being children of God. This is why we must have the courage of faith, we must resist being led to the mentality that tells us: "There is no need for God, He is not that important for you". It is the exact opposite: only by behaving as children of God, without being

(Pope Francis, April 11, 2013)