



**APRIL 23, 2023**

## **EXPLORE THE SUNDAY GOSPEL**

### **Third Sunday of Easter**

Acts 2:14, 22-33

Ps 16:1-2, 5, 7-8, 9-10, 11

1 Pt 1:17-21

### **The Road to Emmaus**

Lk 24:13-35

That very day, the first day of the week,  
two of Jesus' disciples were going  
to a village seven miles from Jerusalem called Emmaus,  
and they were conversing about all the things that had occurred.  
And it happened that while they were conversing and debating,  
Jesus himself drew near and walked with them,  
but their eyes were prevented from recognizing him.

He asked them,

"What are you discussing as you walk along?"

They stopped, looking downcast.

One of them, named Cleopas, said to him in reply,

"Are you the only visitor to Jerusalem

who does not know of the things

that have taken place there in these days?"

And he replied to them, "What sort of things?"

They said to him,

"The things that happened to Jesus the Nazarene,

who was a prophet mighty in deed and word

before God and all the people,

how our chief priests and rulers both handed him over

to a sentence of death and crucified him.

But we were hoping that he would be the one to redeem Israel;

and besides all this,

it is now the third day since this took place.

Some women from our group, however, have astounded us:

they were at the tomb early in the morning

and did not find his body;  
they came back and reported  
that they had indeed seen a vision of angels  
who announced that he was alive.  
Then some of those with us went to the tomb  
and found things just as the women had described,  
but him they did not see.”  
And he said to them, “Oh, how foolish you are!  
How slow of heart to believe all that the prophets spoke!  
Was it not necessary that the Christ should suffer these things  
and enter into his glory?”  
Then beginning with Moses and all the prophets,  
he interpreted to them what referred to him  
in all the Scriptures.  
As they approached the village to which they were going,  
he gave the impression that he was going on farther.  
But they urged him, “Stay with us,  
for it is nearly evening and the day is almost over.”  
So he went in to stay with them.  
And it happened that, while he was with them at table,  
he took bread, said the blessing,  
broke it, and gave it to them.  
With that their eyes were opened and they recognized him,  
but he vanished from their sight.  
Then they said to each other,  
“Were not our hearts burning within us  
while he spoke to us on the way and opened the Scriptures to us?”  
So they set out at once and returned to Jerusalem  
where they found gathered together  
the eleven and those with them who were saying,  
“The Lord has truly been raised and has appeared to Simon!”  
Then the two recounted  
what had taken place on the way  
and how he was made known to them in the breaking of bread.

## MEET OUR EXTENDED FAMILY

### **St. Gregory Nazianzen (Feast Day January 14)**

325 – 390

St. Gregory Nazianzen was a 4th-century Christian bishop of Constantinople. He lived in a tumultuous time when false teachings about the divinity of Jesus and the divinity of the Holy Spirit were circulating in the Church. St. Gregory defended the truth about the divinity of Christ and the Holy Spirit and was

called to rebuild the faith in the great see of Constantinople, which had been exposed to these false teachings for three decades. St. Gregory is a Doctor of the Church, a title given to saints recognized as having made significant contributions to theology or doctrine through their research, study, or writing.

## TAKE TIME TO CHAT

- Why were the disciples frustrated and discouraged at the beginning of today's Gospel story?
- Share a time when you talked to Jesus about something that frustrated you. What did Jesus say back to you?
- In what way does today's story remind you of Mass?
- Just as Jesus helped the disciples on the road to Emmaus, St. Gregory Nazianzen helped people understand God's teachings. Who helps you with questions of faith?

## FAMILY FUN

### Have a Family Picnic

Pack a meal to share at a park or in the yard. It can be a formal meal or something casual. Bring a large blanket, towels, or lawn chairs to sit in while you eat. If the weather isn't nice, have a picnic inside! Set up a blanket on the floor and eat there!

## RECIPE OF THE WEEK

### Trail Mix

*Personalize this snack for everyone to enjoy on your family picnic.*

In a large bowl, mix a variety of sweet and salty snacks together. Store in an airtight container or divide into snack bags. Here are some ingredients you may want to use:

- Pretzels
- Popcorn
- Gummy Bears
- Chocolate Chips
- M & M candy
- Animal Crackers
- Dried Fruit
- Cheese Crackers
- Yogurt Covered Raisins
- Marshmallows
- Cereal (e.g., *Cheerios*, *Chex*)

## FAMILY PRAYER

### Emmaus Prayer

Lord, as we walk down the journey of life,  
we ask that you would be our constant companion,  
particularly on those days when we are disheartened or when we have strayed off of your path.  
When we are downcast, we ask that you lift our spirits.  
When we are confused, we ask that you enlighten our minds.  
When we are disappointed, we ask that you give us hope.  
You, Lord, have blessed us with your Gospel.  
Open our minds and hearts to receive your word and send your Holy Spirit to give us understanding.  
May your teaching take root in our lives and guide us in your ways.  
While we have faith in you, Lord, we also have our moments of doubt.  
We ask that you deepen our faith, so that rededicated to you,  
we would give bolder witness, and freely and gladly give generous service.  
You gently ask us to invite you into our hearts and homes.  
With a spirit of welcome and humility, we invite you to dwell with us always.  
We offer our praise and thanks for the many ways that you feed us and provide for our many needs.  
Keep us closely connected to our brothers and sisters in faith.  
Help us to see others with the eyes of love.  
Fill us with your compassion.  
May we work tirelessly to foster relationships in our community built on the foundations of  
truth, mutual respect, cooperation, and trust. Amen.

### LITURGY LINK

Find the Paschal Candle in your church. What do you see on it? What makes it different than any other candle in the Church?

### FAMILY CHALLENGE

Today's Gospel tells us that the walking distance between Jerusalem and Emmaus is seven miles. See if your family can walk a total of seven miles this week. Use an online map or phone app to track your progress.

### FUN FACTS

April 26 is National Pretzel Day! A young monk first started baking pretzels around the year 610. He folded the dough into a shape resembling a child crossing its arms in prayer. It is said that the three holes in a pretzel twist represent the Holy Trinity.