



10 WAYS TO HARNESS EASTER JOY EACH DAY

1. Begin each day by thanking God for all the good things in your life.
2. Give God all of your fears and worries.
3. Offer up the suffering and disappointments your experience.
4. Do something nice for someone.
5. Be a forgiving person. Let go of anger and resentments that drag down your spirit.
6. Take a moment to appreciate the beauty of the emerging springtime.
7. Don't be afraid to make mistakes. Learn to laugh at yourself.
8. Find ways to show family members and friends how much you appreciate them.
9. Try to live more simply. Clear out material possessions that are not essential to your happiness.
10. End each day by thanking God for all the good things in your life.

Source: Our Sunday Visitor, osv.com

MERCY IS AN OPEN BOOK – AND IT'S OUR TASK TO WRITE IT, POPE SAYS

Source: Catholic News Agency, catholicnewsagency.com

Pope Francis said the “Gospel of Mercy” begun by Jesus and the apostles is still unfinished, and is an open book that each person is called to write through their words and actions.

“The Gospel is the book of God’s mercy, to be read and reread, because everything that Jesus said and did is an expression of the Father’s mercy.”



“We are all called to become living writers of the Gospel,” Francis continued, explaining that this is done by practicing the corporal and spiritual works of mercy, “which are the hallmarks of the Christian life.”

“By means of these simple yet powerful gestures, even when unseen, we can accompany the needy, bringing God’s tenderness and consolation.”

“Jesus, who by his resurrection has overcome the fear and dread which imprison us, wishes to throw open our closed doors and send us out,” he said, noting that much of humanity today is wounded, fearful, and marked by pain and uncertainty.

To be an apostle, he said, means “touching and soothing the wounds that today afflict the bodies and souls of many of our brothers and sisters.”

When we cure the wounds of our suffering brothers and sisters, “we profess Jesus” and make him alive and present in the world, Francis observed, adding that “this is the mission that he entrusts to us.”

To be bearers of this peace is the mission that was entrusted to the Church on Easter day, the Pope said, adding that this peace is constantly renewed by God’s forgiveness.

WAYS TO KEEP EASTER ALIVE

Commit to one spiritual practice right now. For instance:

- Take 6 minutes of quiet time every day to walk through the Little White Book that was in the Easter weekend package.
- Read through the Acts of the Apostles, one chapter per day.
- Pray one rosary each day, maybe while you wait or ride the bus or exercise.
- Experience the richness of the Psalms in Evening and Morning Prayer.
- Decide to attend one extra Mass each week.
 - ◆ Evening Mass, Tuesday at 7.
Evening Prayer at 6:45.
 - ◆ Morning Mass, Wednesday, Thursday, Friday at 8:30.
Rosary before Mass at 8 on Wednesday and Friday.
Morning Prayer at 8:15 on Thursday.

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Decide to attend one extra Mass each week.

How will you keep Easter alive in your life?