

# Heart ♥ to ♥ Heart



Vol. 7, No. 12

Easter Sunday 2022

## Easter Sunday

*1<sup>st</sup> Reading: Acts 10:34a, 37-43*

*2<sup>nd</sup> Reading: Colossians 3:1-4 or  
1 Corinthians 5:6b-8*

*Gospel: John 20:1-9*

### A Guided Reflection

Situate yourself comfortably in a favorite prayer location with our Easter Scriptures and a journal or sketch pad to record words or images. After reading the Gospel, John 20:1-9, consider these questions.

How would you **feel** if you went to the cemetery to visit the grave site of a special relative or good friend who recently died and found the burial place empty?

What would you do?

This Sunday's gospel deals with such an event.

Why did Mary of Magdala go to the tomb so early in the morning?

Today, we reach the culmination of our 40-day Lenten retreat journey. We go with Mary of Magdala, Peter and John and find an EMPTY tomb.

How do they feel? How do we feel?

What discoveries have we made about ourselves and our relationship with God, THE TRINITY, during this Lenten journey?

Let us return to the first Scripture reading Acts 10:34a, 37-43 and highlight the words and phrases that help us answer these questions and respond to God's invitations to us.

Jesus said: "I have come in order that you might have life--life in all its fullness."  
(Good News)

"I came so that they may have life and have it abundantly." (NRSV) John 10:10

Closing: "Glory to you, Source of all Being, Eternal Word, and Holy Spirit."

For a piece of uplifting music try this site: <https://www.youtube.com/watch?v=2qCmtUhiKcA> or [https://www.youtube.com/watch?v=nkqCQj1tUDA&list=RDnkqCQj1tUDA&start\\_radio=1](https://www.youtube.com/watch?v=nkqCQj1tUDA&list=RDnkqCQj1tUDA&start_radio=1) or any YouTube Easter music.

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