

Holy Week: Easter Sunday

All the content below is for you to make your own, please do read through it, pick what would work best for your children and would best engage them.

Rest assured of my prayers for your family and you this Easter Sunday!

Theresa McNamara

It's Easter! Let's celebrate!

Happy Easter everyone! For the past 40 days we have been looking forward to this day when we can come together with Christians all over the world and celebrate the resurrection of Jesus. Now that it's here, let's give ourselves some time together with our families today to be grateful for the saving power of our Lord Jesus and to be grateful for all the blessings we have received from Him.

So what actually happened....?

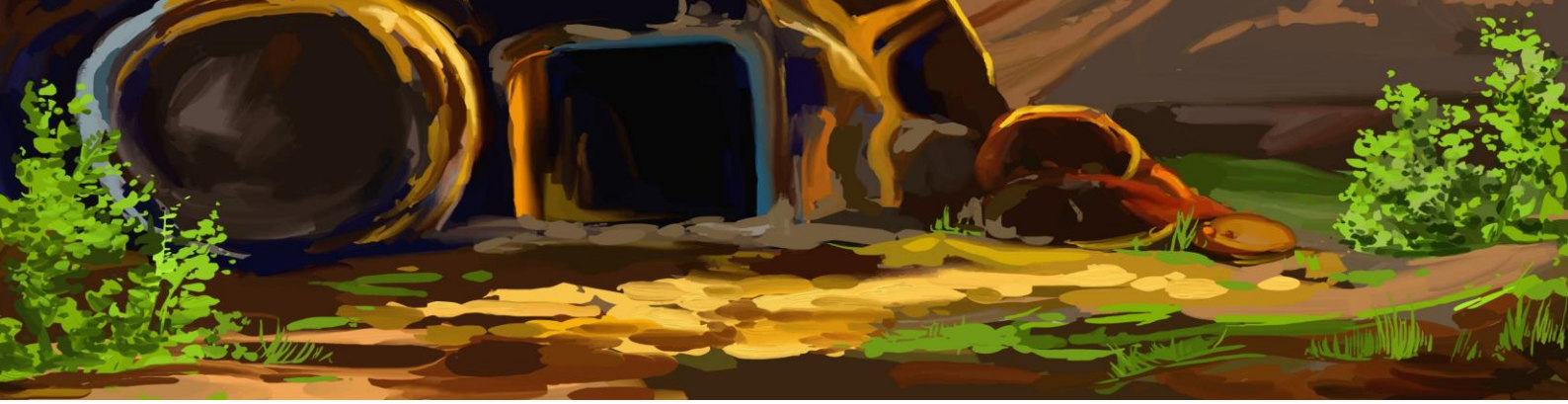
Here's the Gospel story for today to remind us what it is that we are celebrating. This is from the Holy Gospel according to St. John.

It was very early on the first day of the week and still dark, when Mary of Magdala came to the tomb. She saw that the stone had been moved away from the tomb and came running to Simon Peter and the other disciple, the one Jesus loved. 'They have taken the Lord out of the tomb' she said 'and we don't know where they have put him.'

So Peter set out with the other disciple to go to the tomb. They ran together, but the other disciple, running faster than Peter, reached the tomb first; he bent down and saw the linen cloths lying on the ground, but did not go in. Simon Peter who was following now came up, went right into the tomb, saw the linen cloths on the ground, and also the cloth that had been over his head; this was not with the linen cloths but rolled up in a place by itself. Then the other disciple who had reached the tomb first also went in; he saw and he believed. Till this moment they had failed to understand the teaching of scripture, that he must rise from the dead.

Gospel Reflection

Wow! What a story! The disciples came to the tomb three days after Jesus had been buried and the stone was rolled away. Jesus had left the tomb and had risen from the dead. This is the most important day of our faith; even more important than Christmas! On that day when Jesus rose from the dead, he showed his all unending love for us. A love that not even death could destroy. He came back from the dead to show that He was more powerful than death, that He had willingly died for



our sins, and defeated death so that we'd know we were welcome to share in His Kingdom. Our God is truly amazing. Hallelujah!

Sing His Praise

One of the ways in which people have shown their thanks to Jesus throughout the ages is through song; why don't you listen to one of the following songs with your family today and sing and dance your praises for His resurrection?

- *Resurrection Day* - https://www.youtube.com/watch?v=9u7V-g_cJaU
- *Hallelujah! (Your Love is Amazing)* - https://www.youtube.com/watch?v=wJKORW_3Vm8
- *Story of the Cross* - <https://www.youtube.com/watch?v=CnPpXx1tWb8>
- *Raise a Hallelujah* - <https://www.youtube.com/watch?v=G2XtRuPfaAU>

(And for younger kids...)

- *King of Me* - <https://www.youtube.com/watch?v=ks6zI2hL2Uk>

Easter Activity Ideas

- 1) Traditionally on Easter day we hold Easter Egg Hunts in and around our homes. This year, why not add an extra challenge and hold an Easter Day Scavenger Hunt too? All the info you'll need is below.
- 2) You could also make a colourful cross picture to put in your window to bring hope and joy to everyone walking past your house (a bit like your rainbow pictures!).

What will you need?

- Paper
- Colours (any kind will do!)
- Masking Tape or a piece of paper cut out in the shape of a cross
- Scissors

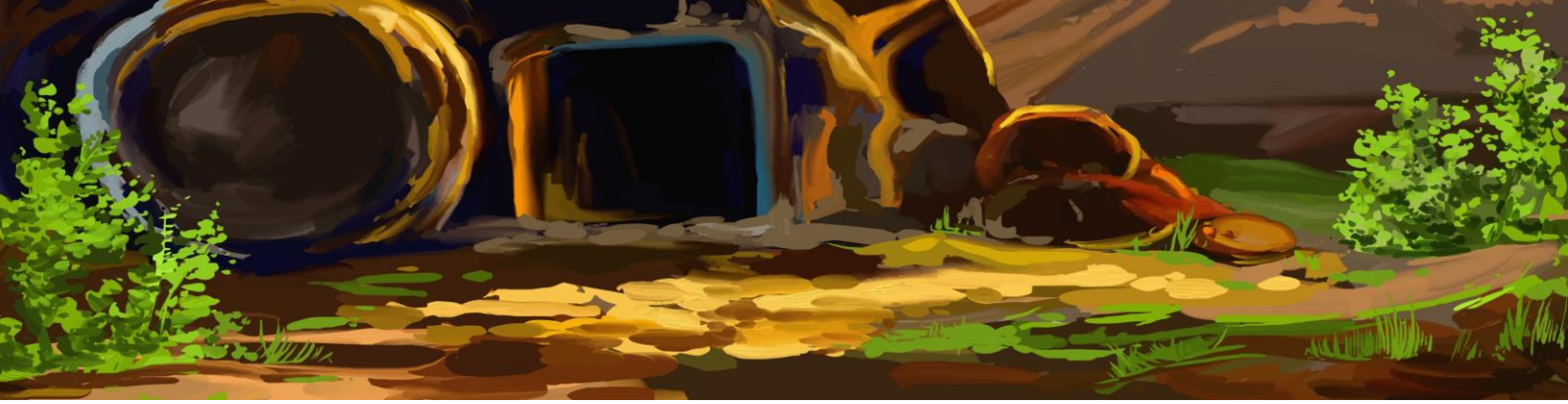
What do you do?

- 1) Stick your masking tape down in the middle of your piece of paper into the shape of a cross. (If you don't have tape like this don't worry! You can cut out a cross shape onto paper and hold this/blue-tac it into place.)
- 2) Using your colours, colour in the whole sheet of paper in multi/rainbow colours.
- 3) When the whole of your paper is coloured in, take up the tape or cross from the middle revealing a white cross in the middle of your paper.



- 4) Take a picture of your cross and post it to the Bognor Catholics Facebook page so it can be shared online!
- 5) Stick your picture in your window.





Easter Day Scavenger Hunt!

Below are some things you have to find around your house and garden which link to the Easter story. Can you find them all?

People waved palm branches as Jesus entered Jerusalem on a donkey. Can you find a leaf?

At the last supper, Jesus took a cup of wine and said "this is my blood, do this in memory of me." Can you find a drink?

At the last supper, Jesus took a piece of bread and said "this is my body, do this in memory of me." Can you find something you can eat?

Pilate washed his hands of Jesus and gave him over to be crucified. Can you find something to wash your hands with? E.g. a towel or soap?

The soldiers dressed Jesus in a purple robe to mock Him. Can you find something purple?

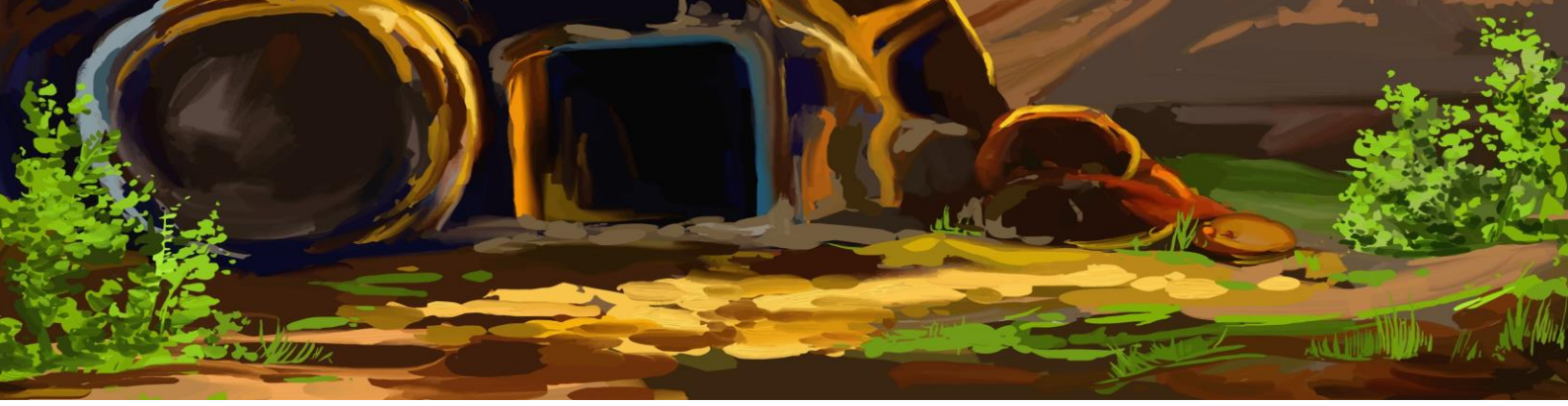
Jesus was given a crown of thorns to wear on His head. Can you find something spikey? (Be careful not to hurt yourself!)

Jesus was nailed to the cross which was made out of a tree. Can you find something made of wood?

Jesus died. His body was put into a tomb made of stone. Can you find a stone or rock?

Some of Jesus' friends took nice smelling spices to put on his body. Can you find something that smells good?

Jesus is alive! Can you find something that's alive?



The disciples were very surprised! Can you find a surprise? The best one wins!

Jesus is still alive today and loves us all. Can you find something which makes you happy?