

ENTRANCE ANTIPHON

Cry out with joy to God, all the earth;
O sing to the glory of his name.
O render him glorious praise, alleluia.

GLORIA

Glory to God in the highest,
and on earth peace to people of good will.

We praise you,
we bless you,
we adore you,
we glorify you,
we give you thanks for your great glory,
Lord God, heavenly King,
O God, almighty Father.

Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God, Son of the Father,
you take away the sins of the world,
have mercy on us;
you take away the sins of the world,
receive our prayer;
you are seated at the right hand of the Father,
have mercy on us.

For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High, Jesus Christ,
with the Holy Spirit,
in the glory of God the Father.
Amen.

FIRST READING

Acts 2:14, 22-33

A reading from the Acts of the Apostles.

On the day of Pentecost Peter stood up with the eleven and addressed the crowd in a loud voice: "Men of Israel, listen to what I am going to say: Jesus the Nazarene was a man commended to you by God by the miracles and portents and signs that God worked through him when he was among you, as you all know. This man, who was put into your power by the deliberate intention and foreknowledge of God, you took and had crucified by men outside the Law. You killed him, but God raised him to life, freeing him from the pangs of Hades; for it was impossible for him to be held in its power since, as David says of him: I saw the Lord before me always, for with him at my right hand nothing can shake me.

So my heart was glad and my tongue cried out with joy: my body, too, will rest in the hope that you will not abandon my soul to Hades nor allow your holy one to experience corruption. You have made known the way of life to me, you will fill me with gladness through your presence.

"Brothers, no one can deny that the patriarch David himself is dead and buried: his tomb is still with us. But since he was a prophet, and knew that God had sworn him an oath to make one of his descendants succeed him on the throne, what he foresaw and spoke about was the resurrection of the Christ: he is the one who was not abandoned to Hades, and whose body did not experience corruption. God raised this man Jesus to life, and all of us are witnesses to that. Now raised to the heights by God's right hand, he has received from the Father the Holy Spirit, who was promised, and what you see and hear is the outpouring of that Spirit."

The word of the Lord.

Thanks be to God.

PSALM

Ps 15 (16):1-2, 5, 7-11

Response:

Show us, Lord, the path of life.
Or Alleluia!

1. Preserve me, God, I take refuge in you. I say to the Lord: "You are my God. O Lord, it is you who are my portion and cup; it is you yourself who are my prize." (R.)
2. I will bless the Lord who gives me counsel, who even at night directs my heart. I keep the Lord ever in my sight: since he is at my right hand, I shall stand firm. (R.)
3. And so my heart rejoices, my soul is glad; even my body shall rest in safety. For you will not leave my soul among the dead, nor let your beloved know decay. (R.)
4. You will show me the path of life, the fullness of joy in your presence, at your right hand happiness for ever. (R.)

SECOND READING

1 Pet 1:17-21

A reading from the first letter of St Peter.

If you are acknowledging as your Father one who has no favourites and judges everyone according to what he has done, you must be scrupulously careful as long as you are living away from your home. Remember, the ransom that was paid to free you from the useless way of life your ancestors handed down was not paid in anything corruptible, neither in silver nor gold, but in the precious blood of a lamb without spot or stain, namely Christ; who, though known since before the world was made, has been revealed only in our time, the end of the ages, for your sake. Through him you now have faith in God, who raised him from the dead and gave him glory for that very reason – so that you would have faith and hope in God.

The word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION

Alleluia, alleluia! Lord Jesus, explain the scriptures to us.

Make our hearts burn within us as you talk to us. Alleluia!

GOSPEL

Lk 24:13-35

A reading from the holy Gospel according to Luke.

Two of the disciples of Jesus were on their way to a village called Emmaus, seven miles from Jerusalem, and they were talking together about all that had happened. Now as they talked this over, Jesus himself came up and walked by their side; but something prevented them from recognising him. He said to them, "What matters are you discussing as you walk along?" They stopped short, their faces downcast. Then one of them, called Cleopas, answered him, "You must be the only person staying in Jerusalem who does not know the things that have been happening there these last few days." "What things?" he asked. "All about Jesus of Nazareth" they answered "who proved he was a great prophet by the things he said and did in the sight of God and of the whole people; and how our chief priests and our leaders handed him over to be sentenced to death, and had him crucified. Our own hope had been that he would be the one to set Israel free. And this is not all: two whole days have gone by since it all happened; and some women from our group have astounded us: they went to the tomb in the early morning, and when they did not find the body, they came back to tell us they had seen a vision of angels who declared he was alive.

Some of our friends went to the tomb and found everything exactly as the women had reported, but of him they saw nothing."

Then he said to them, "You foolish men! So slow to believe the full message of the prophets! Was it not ordained that the Christ would suffer and so enter into his glory?" Then, starting with Moses and going through all the prophets, he explained to them the passages throughout the scriptures that were about himself. When they drew near to the village to which they were going, he made as if to go on; but they pressed him to stay with them. "It is nearly evening" they said "and the day is almost over." So he went in to stay with them. Now while he was with them at the table, he took the bread and said the blessing; then he broke it and handed it to them. And their eyes were opened and they recognised him; but he had vanished from their sight. Then they said to each other, "Did not our hearts burn within us as he talked to us on the road and explained the scriptures to us?"

They set out that instant and returned to Jerusalem. There they found the Eleven assembled together with their companions, who said to them, "Yes, it is true. The Lord has risen and has appeared to Simon." Then they told their story of what had happened on the road and how they had recognised him at the breaking of bread.

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

PROFESSION OF FAITH

I believe in God,
the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, his only Son, our Lord,

(all bow during the next two lines)

who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on the third day he rose again from the dead;
he ascended into heaven,
and is seated at the right hand of God the Father almighty;
from there he will come to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting.
Amen.

PRAYER OVER THE OFFERINGS

Receive, O Lord, we pray,
these offerings of your exultant Church,
and, as you have given her cause for such great gladness,
grant also that the gifts we bring
may bear fruit in perpetual happiness.
Through Christ our Lord. Amen.

COMMUNION ANTIPHON

The disciples recognised the Lord Jesus
in the breaking of the bread, alleluia.

PRAYER AFTER COMMUNION

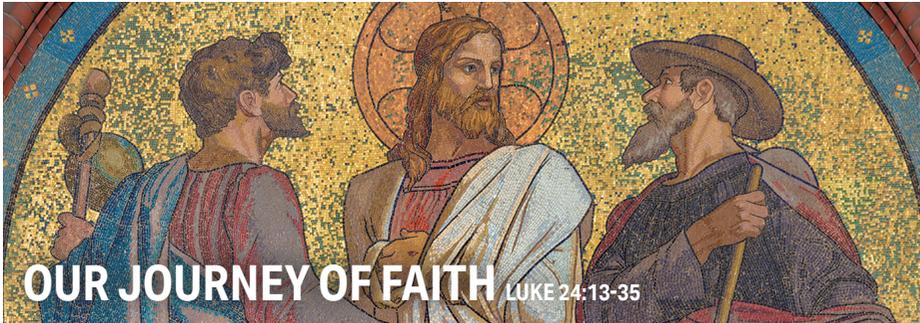
Look with kindness upon your people, O Lord,
and grant, we pray,
that those you were pleased to renew by eternal mysteries
may attain in their flesh
the incorruptible glory of the resurrection.
Through Christ our Lord. Amen.

Sunday Message

THIRD SUNDAY OF EASTER

THE WORD

Year A • 19 April 2026 • Colour: White • Psalter Week 3



The journey of two disciples to Emmaus is one of the treasures of Luke's Gospel. It's a perfect short story of a walk along the road from Jerusalem to a village called Emmaus.

It would probably have taken about two hours to cover the seven-mile trip. It seems that the pair cannot wait to get away from Jerusalem and, as soon as the Sabbath ends, they hit the road. The previous days had brought them on a roller coaster of emotions: from the high of the Passover to the shocking arrest and execution of Jesus.

As they walk along, a stranger joins them. Noticing their downcast faces, he asks them what's wrong. And they tell him everything. Jesus of Nazareth whom they regarded as a prophet of God had let them down. He had been executed. Stranger still, a rumour was circulating that his grave had been found empty and that he had been raised from the dead.

The stranger's reaction must have surprised them. He begins by telling them that they had failed to understand what was happening. They thought the messiah would be a military leader but scripture clearly showed that the messiah would suffer 'and so enter into his glory.' As they continue their journey, the stranger gives them a crash course on the bible.

Hearing his words, something in the pair begins to change. They can now see what Jesus' passion was all about. Everything is falling into place. They have more to learn but they have reached their destination, and so they persuade the stranger to join them for a meal. Then the stranger does something they had seen Jesus do in the past: he takes the bread, prays over it and gives it to them. The penny drops. Their companion on the road is Jesus himself but he disappears as mysteriously as he had joined them. Immediately, they rush back to Jerusalem. There they find the community they had left that morning, bewildered and lost, now full of confidence that Jesus has indeed risen. They tell their story of how they had met him on the road.

The walk to Emmaus might have taken two hours. But in another sense, the journey to Emmaus probably took many years in that it took the bewildered disciples who had witnessed Jesus' death a long time to put it all together, to make sense both of the story of his stay among them and of how all that happened was part of God's plan as revealed in the Old Testament. Many years too to discover how in the broken bread of the Eucharist, Jesus continued to be present for and with them. ■

SAY

Say this prayer based on today's Gospel: "Stay with us, Lord Jesus, as evening falls. Be our companion on our way. In your mercy inflame our hearts and raise our hopes, so that, in union with all our brothers and sisters, we may recognise you in the scriptures and in the breaking of bread."

(Evening Prayer, Monday Week 4)

PRAY

Pray for all those crushed by hopelessness or despair, that they may know that God is with them.

LEARN

The Emmaus story shows that we meet the risen Christ in many different ways – in the scriptures, in the Eucharist, in the offer of hospitality to the stranger. All we need are eyes to see.

DO

Think about your faith journey. In what ways has your faith changed over the years?

REFLECT

Faith is a journey. Czech theologian Fr Tomas Halik says Jesus did not come to offer us a doctrine – a set of beliefs – but rather a life-long journey towards the total transformation of every aspect of our lives, including all our relationships – to ourselves, to others, to society, to nature and to God. It's no surprise, he says, that the early Christians were known as the Community of the Way.

The nature of a journey is that it's never static. A mature faith requires constant growth. Hopefully, our faith today is more mature than when we were young. Halik says that even critical questions, doubts and crises of faith can be a valuable stimulus on this faith journey. We know we don't have it all figured out, that we'll never have it all figured out. To think we have all the answers is to become fundamentalist, intolerant, triumphalist, closed off from dialogue and encounter, closed off from the God of surprises. Cardinal Newman said that to live is to change and to be perfect is to have changed often. To keep maturing in the faith is a life-long journey.

A word Pope Francis uses in his letter on family life, *Amoris laetitia* (The Joy of Love), is 'gradualism.' We are a work in progress, he says. Families are a work in progress. No family drops down from heaven perfectly formed; "families need constantly to grow and mature in the ability to love... All of us are called to keep striving towards something greater than ourselves and our families, and every family must feel this constant impulse."

We must always aim at being better disciples of Jesus. To grow all the time – in holiness, patience, compassion, love. The pilgrim journey towards perfection is something we won't realise this side of the grave, but which we must keep striving towards.

There is an echo of this in the preamble to the United States Constitution when it talks about forming a 'more perfect union.' It's an acknowledgement that there is still work to do to form a perfect union, a distance to go before it occurs, that it will never fully happen. Gradualism describes our day by day journey towards perfection, towards transformation, towards God. Just as the two disciples grew in knowledge of God on their journey to Emmaus, we seek to grow ever closer to God on our journey through life. ■