

# THE MEANING OF LENT AND EASTER

Baptism, Penance and meditation on the Passion are the principal themes of the Lenten Season. There is also an invitation to more assiduous reading of the Word of God bearing our Lord's words in mind – "man does not live on bread alone but on every word which comes from the Word of God" Lent is not an end in itself - it is directed towards Easter, as the opening prayer for the second Friday in Lent says;

*"Merciful Father,  
May our acts of penance bring us your forgiveness.  
Open our hearts to your love,  
and prepare us for the coming feast of the Resurrection."*

## 1. PENANCE AS CONVERSION

The receiving of the Ashes at the beginning of Lent recalls the time when public penitents wore sack-cloth and Ashes as a sign of repentance. The custom of conferring Ashes goes back to the tenth century and signifies the fact that the whole Church from the Pope down needs to do Penance for sins. We are all public penitents.

The Greek word for penance - *Metanoia* - sees conversion as a change of heart. So Penance implies a change in the inner man. This can be painful especially since we are asked to give up our prejudices, distorted attitudes and self-centredness. God is calling us to conversion. As the reading for Ash Wednesday says:

"Come back to me with all your heart - let your hard hearts be broken".

Penance is facing up to sin, taking personal responsibility for your sins.

St. John says:" if we say that we have no sin in us we are deceiving ourselves and refusing to admit the truth".

All this, of course, must be seen in the light of God's love for us. Penance, however is never optional - there will remain corners of our hearts never fully converted to the Gospel - pockets of resistance to God's grace. So Penance is an ongoing thing until we die. Penance, however, is not becoming obsessed with sin, it is allowing God to mould and fashion us so that He can create a new heart within us.

Penance is painful but JOY will be the end result, a joy and peace that the "world cannot give us". Penance is letting God take charge of your life. He can do more with it than you can. All this implies FAITH. As we distribute the Ashes we say "Turn away from your sins and believe in the Gospel".

If there is grave sin in our lives, conversion is all the more urgent. Moral inertia and cowardice will suggest a thousand reasons for delay. As St. Augustine used to say, "O Lord, make me pure, but not yet. The psalmist says "O that today you would listen to his voice, harden not your heart". And again St. Paul says, "Now is the favourable time, and now is the day of Salvation. The road to Hell is paved with good intentions".

## **THE PRACTICE OF PENANCE**

The inner change of heart which we spoke about requires a visible expression in our life and conduct - hence we speak about "LENTEN OBSERVANCE". In a nutshell this can be summed up in GIVING and FORGIVING. Not just are we expected to part with some of our money and possessions but also such precious things as our time and sympathy, making ourselves available to other people even though they inconvenience us. The Lenten Liturgy also reminds us again and again of our willingness to forgive. We must forgive others their failings - We must be reconciled with our offended brother before we come before the altar of God. St. Leo said, "Easter is the feast of Divine Pardon". We prepare for it by pardoning one another". It may be the acid test of our spirituality.

FASTING may sound old fashioned but it is strongly recommended during Lent and not just on the two prescribed days of Ash Wednesday and Good Friday. Every Friday of the year is also prescribed as a day of Penance (of your own choosing). The forty days of Lent correspond to Our Lords forty days in the wilderness where He went without food or water. However, fasting is not an end in itself. Its ultimate aim is not the subjugation of the body and it's appetites, but rather a more perfect love of God and neighbour. Where love is absent, no amount of fasting will please God. According to Isaiah, the fast which pleases God is "to break unjust fetters, to let the oppressed free, to share your bread with the hungry and shelter the homeless poor".(Isaiah 56.6-11)

As a natural follow up to fasting will be almsgiving. CAFOD organizes a Family Fast Day during Lent and the money goes to the poor and hungry of the third world. St. Raymond says that the money we have saved through fasting and doing without luxuries should be regarded as belonging by right to the poor. This requires a real spirit of sacrifice. One of the great evils in the world today is the man-made inequality between the very rich and the very poor. The people of the Northern Hemisphere are exploiting their brothers and sisters in the South. Fasting and almsgiving should spring from our relationship with God through PRAYER. Prayer, however, should be nourished by reading and reflecting on the Word Of God. As we fast from bodily food we should hunger more and more for the Word of God. Jesus said to Satan in the desert "Man does not live on bread alone but on every word which comes from the mouth of God"(Mt4:1-11)

Lent is a special time for extra nourishment from the scriptures - it nourishes our faith.

Listening to the word of God is an essential part of prayer. It goes without saying that participation in Daily Mass during Lent deserves the highest recommendation. The bread of life strengthens our weary and wobbly hearts as we journey, like the Israelites through the desert of life, to the Promised Land of Heaven. The word of God is a challenging word, a comforting word, a life giving word, but only if we are open to it. Ignorance of the Scriptures is ignorance of Christ Himself, St. Jerome tells us. An excellent idea would be to get acquainted with the daily Mass readings for Lent - reflect and pray about some aspect of them, even if it were for only one quarter of an hour each day.

St. Paul says "The word of God is alive and active" - it should be alive and active in our school. Children should be helped to develop a love of Scripture because Christ is present in His Word. We say with the psalmist "Speak Lord, your servant is listening". When we pray we should pray with confidence and believe in what we are

asking for. Expect to receive it. St. Paul says, "Pray constantly and do not lose heart".

## **THE SACRAMENT OF PENANCE**

A sign of our willingness to be converted will be our decision to approach the Sacrament of Penance especially during Lent. It will help us break our attachment to Sin and grow in the love of God. Confession should be calm, unhurried and prayerful. The sacrament is a meeting with you and the forgiving Christ. If our "usual list" of sins never changes, then we cannot really say that we have experienced a "change of heart". Confession should not be a routine and hurried performance. Communal celebrations of penance bring out the social nature of sin - no sin is purely private - we wound the whole Church by our sins. The Priest forgives you in the Church's name.

## **LENT AS A PREPARATION FOR BAPTISM**

During the Easter Vigil every Catholic should renew their Baptismal promises. Lent prepares us for that moment. Also Easter is the most appropriate time for the conferring of Baptism. Since the restoration of the Catechumenate by the Catholic Church in 1972 it is not uncommon to have adult Baptisms at the Easter Vigil - the "Mother of all Vigils". For the first six centuries of the Church's history, adult Baptism was the norm. For the Catechumen, Lent was seen as a time of intensive Spiritual preparation for this momentous occasion. Baptism in the early Church was a serious commitment exposing the candidate to mistrust, ridicule, and persecution of the pagan society around him. It was not lightly undertaken and the Church would hesitate to confer Baptism if the intentions of the candidate were suspect. Baptism was seen as the beginning of a whole new way of life. Perhaps when Infant Baptism became the norm (7th cent), it was mostly seen as a social event more than a serious once-for-all commitment to Christ. Today with the restoration of the adult Catechumenate we are rediscovering our roots. Adult converts enter the Church in stages. We born and bred Catholics should accompany them in spirit on their journey so that we can discover afresh what our Baptismal commitment really means.

On the first Sunday of Lent, Catechumens, after one, two or even three years preparation, and having come to a decision to commit themselves to Christ, are formally inscribed for Baptism. It is best done by the Bishop. On the 3rd, 4th and 5th Sundays of Lent these elected candidates assemble again in the Church to hear the Word of God and be prayed with. Also, during Lent the candidates for Baptism are solemnly presented with a copy of the Creed and the Our Father. They are to learn and treasure these prayers. Also during Lent the candidates are prayed over for deliverance from temptations against faith and other forms of evil. The Gospel text's for the 3rd, 4th and 5th Sundays of Lent (A) are significant. They are all from St. John;

THE SAMARITAN WOMAN – BAPTISM as the water of life

THE MAN BORN BLIND - BAPTISM as enlightenment

THE RAISING OF LAZARUS - BAPTISM as Resurrection

These passages are instructive not just for the catechumens but for all of us. The readings from year (A) are always used if there are converts.

## **THE WATER OF LIFE**

On the 3rd Sunday of Lent all the readings allude to water - the symbol of Baptism. In Exodus 17:3-7 Moses struck the rock and water came out for the people to drink. In the second reading St. Paul says "The love of God has been poured into our hearts by the Holy Spirit"

The Gospel is about the Samaritan woman at the well. Whoever drinks ordinary water will be thirsty again but whoever drinks the water Jesus gives, will never be thirsty again. The spring inside him welling up to Eternal Life is the gift of the Spirit.

## **BAPTISM AS ENLIGHTENMENT**

On the 4th Sunday of Lent the theme of light prevails. In the early Church Baptism was seen as an enlightenment - hence the Gospel story of the man born blind. The Church sees in the pool at Siloam a symbol of the Baptismal Font in which men blinded by ignorance and sin, have their sight restored and begin to know God as He really is. Faith and Baptism are so closely related that the symbol of light relates to them both. Here on Earth we travel by the Light of Faith until we reach the Eternal Light, which is God Himself.

## **BAPTISM AS RESURRECTION (5th Sunday of Lent)**

Ezekiel compares the return of the people from exile like raising the dead from their graves. The Gospel recounts "The Raising of Lazarus". It is a sign of the Resurrection of Jesus, and of OUR future Resurrection. In Baptism we die with Christ and are Raised to Life with Him. Through today's Liturgy, our Faith, like Martha's is strengthened - i.e. Faith in Jesus who is "THE RESURRECTION AND THE LIFE".

If you notice from the three Lenten Gospel stories (3rd, 4th, 5th Sundays), in each encounter Jesus makes a great claim:

To the Samaritan woman He declares Himself as the Messiah,

To the man born blind He reveals Himself as the Light of the World

To Martha He makes the greatest claim of all revealing Himself as the Resurrection and the Life.

When the people are sprinkled with holy water at the Easter Vigil, they are reminded of their Baptism and their Faith. Our faith is summarised in the Creed and is closely associated with Baptism. The Our Father reminds us that we are children of God.

Both the Our Father and the Creed are solemnly presented to the candidates for Baptism during Lent.

## **LENT AND THE PASSION OF CHRIST**

Jesus encounters Satan on the first Sunday of Lent, (Mt 4:1-11). The scene is set for the final struggle. He rejects all the allurements of the Prince of Darkness and chooses the way of obedience which leads to His suffering and death. The faith of the Disciples will be put to the test. The mystery of the Transfiguration (Lent 2) was intended to strengthen the faith of Peter, James and John. Elijah appeared with Jesus. In his book he sees Jesus as a suffering servant and a man rejected. Jesus foretells His Suffering and Death to His Disciples. Going up to Jerusalem was

symbolic of facing the cross. Read Mt 20:17-28. There was no going back: For this He came into the World.

### **MOUNTING OPPOSITION**

During the 4th and 5th weeks of Lent, the Church sets before us each day the Gospel of St. John. We follow Christ stage by stage to His conviction, arrest and condemnation. Christ is presented each day confronting the Pharisees. He reveals who He is - The Son of God - This provokes fury on the part of His enemies and faith in those who listen and take His word to heart. Christ challenges us too. On Friday of week four the plot to kill Jesus is foretold in the first reading. Jesus will be like a lamb led to slaughter. He will make no resistance. If we want to follow Him we must renounce ourselves. Christ has reconciled us to the Father through His Passion, Death and Resurrection. Christ has atoned for our sins. By His wounds we are healed.

## **HOLY WEEK**

This week was known in ancient times as The Great Week. During Holy Week the Passion narrative comes to life as though it were being enacted before our very eyes. Step by step we follow the path which Christ trod during the last days of His mortal life.

### **PALM SUNDAY**

Jesus is presented as the Messiah King entering the Holy City - not as a warrior king with a great army, but as a humble and gentle Messiah - "Humble and riding on an ass". (Zachariah 9:9). The procession of palms is characterised by joy. Christ is our King - Hence the Red Vestments. The procession is not just pageantry. We join the procession with faith and devotion. Christ is our King - He reigns over us with love. We follow Him along the Royal Road of the Cross. We go out to meet and welcome Christ in a special way. The Victory of Easter is foreshadowed; the palm is an emblem of Victory. We don't just look back at a past event. In the prayer of the Mass we pray "That we may reach one day the happiness of the New and Eternal Jerusalem".

The first reading is the "Story of the Suffering Servant" in Isaiah 50:4-7. His sufferings prefigure those of Christ. The humility of Christ in accepting insult and derision is brought out in both 1st and 2nd Readings. The second Reading Philippians 2:6-11 speaks about the "self-emptying" (kenosis) of Christ. He assumed the condition of a slave. The Gospel is an account of the Passion (Mt, Mk, or Luke). It never fails to make a deep impression. The figure of Christ towers above His accusers and persecutors. We can enter into the story and well imagine that we are witnessing the event for ourselves. On SPY WEDNESDAY as it is called, the betrayal of Judas is introduced. Judas offers to betray Him for 30 pieces of silver. The hour of darkness is at hand.

## **THE EASTER TRIDUUM**

The Easter Triduum is the culmination of the entire Liturgical Year. It is celebrated as one feast - Passion, Death and Resurrection of Christ. It begins with the evening Mass of the Lord's Supper and reaches its high point in the Easter Vigil. Lent ends on Holy Thursday morning.

### **HOLY THURSDAY**

In ancient times public penitents were reconciled with the Church on this day. They were publicly absolved of their sins by the Bishop so they could fully celebrate the Pasch. Two Masses are celebrated on this day - One in the Cathedral Church of the Diocese and the other the Evening Mass of The Lords Supper in Parish Churches.

### **THE CHRISM MASS**

The Chrism Mass takes place in the morning at the Cathedral where all the Priests of the Diocese are gathered round their Bishop. The Holy Oils which will be used throughout the year for Baptism, Confirmation and Anointing of the Sick are consecrated at this Mass. Each parish receives its own supply. The Bishop celebrating Mass with his Priests is a sign of unity and fellowship. The faithful also attend in large numbers. All the sacraments, especially those at which oil is used have a connection with Easter. Priests, on this day celebrate the gift of their Priesthood and renew their commitment to God. They are anointed with the Power of the Spirit to bring Good News to the poor. To Priests alone is the power given to remit sins and change bread and wine into the Body and Blood of Christ. On this day the Bishop asks the laity to pray for him and his Priests.

The oils blessed are: Chrism, (used at Baptism, Confirmation and Ordination) oil of Catechumens :(used at Baptism), and oil of the Sick and dying.

### **THE MASS OF THE LORDS SUPPER**

At this Mass we commemorate the LAST SUPPER and the institution of the Eucharist. The Eucharist is meant to perpetuate the Sacrifice of the Cross throughout the ages until He should come again. It is a sacrament of love and a sign of unity. It was in the context of a family meal in which Christ instituted the Eucharist. A spirit of joy characterises the Mass - the joy of total self-sacrifice. The GLORIA, silent during Lent is sung accompanied by bells. The Mass anticipates His self oblation on Good Friday. In the first Reading we see that Jesus was the fulfilment of the Old Testament figures, that He was the True Lamb, slain in sacrifice, whose blood would save His people. The second Reading gives us St.Paul's account of the Last Supper - 1Cor 11:23-26. The Gospel Jn 13: 1-15 describes the washing of the Disciples feet. It embodies the theme of fraternal love and service. The words of the Gospel are enforced by symbolic action, Jesus asks the Apostles to copy what He has done - humble service to one another. Jesus says, "Love one another as I have loved you". During the Mass 12 people come forward to have their feet washed. Christ is the servant "par excellence" - He gave His life as a ransom for many. After Mass, the Priest accompanied by ministers carries the Blessed Sacrament to the

alter of Repose. The faithful are encouraged to continue in adoration until midnight. Here, we join our Lord in the Garden of Gethsemane. We keep watch with Him in prayer. The Sanctuary is now left completely bare.

## **GOOD FRIDAY**

Good Friday is a day of intense sorrow. Our sins have been the cause of His death. The celebration takes place about 3 o'clock in the afternoon.

### **LITURGY OF THE WORD**

The Priest and ministers approach the alter in silence and prostrate themselves for a few moments. Then there is an opening prayer followed by the Liturgy of the Word. The 1st Reading (Isaiah 52:13-53:12) presents us with a suffering servant. He is seen as prefiguring Christ. Christ was a Man of Sorrows and acquainted with grief and humiliation. In the 2nd Reading from Hebrews, Christ is seen in a Priestly role as reconciling men to God by the sacrifice of His own life. Christ has experienced our human lot in every way - He can therefore sympathise with us in our sorrow and wretchedness.

### **THE GOSPEL** (taken from St. John)

John views the Passion of Jesus more profoundly than the other evangelists - in the light of the Resurrection. In itself, the Cross is something cruel and barbarous but in John it is seen as an object of Veneration. For St. John, the Cross is a kind of throne. It is Christ, not the persecutors who are in control of the situation. Jesus freely goes to His execution. In John, Jesus appears in a threefold role as King, Judge and Saviour. The crowning with thorns only serves to underline His Kingship. So also it is Jesus, not Pilate, who is seen as judge. Jesus gathers His Church round the Cross as represented by the Robe, and Mary is given to us as Our Mother.

### **GENERAL INTERCESSIONS**

This prayer is truly universal - it includes all categories of people. Christian people everywhere are gathered round the Cross of Christ. His prayer is extended to all because His love included everyone. The Cross in Christian tradition is a symbol of universality: It's four corners point to the four corners of the world. Prayers include those of the Jewish people, those who do not believe in Christ, and those that do not believe in God. Christians form only a small part of the world's population. The Church is indeed a "little flock" - the summons to preach the Gospel is urgent. One of the great problems of today is atheism. The Pope has recently called for prayers for the re-evangelisation of Europe. Last of all the Church prays for the sick, dying, travellers and prisoners.

### **THE VENERATION OF THE CROSS**

The Mass is not said on Good Friday. Today, the Church's gaze is fixed on Calvary where Christ offered His life for our salvation. Standing at the alter, the Priest uncovers the upper part of the Cross and sings, "This is the wood of the Cross", - The people respond, "Come let us worship". This is sung three times as each section of the Cross is unveiled. The Cross is now placed in a position at the entrance to the Sanctuary so that all the people can venerate it by kissing it or genuflecting before it. As the people do this, the Reproaches are sung. The custom of kissing the

Cross goes back to the fourth century. In the "reproaches" Christ is reproaching His people for their ingratitude - "My people, what have I done to you?". The choir may also sing the "Panga Lingua". This hymn has been likened to a victory march - Christ's victory over SATAN. The Cross is a stepping stone to glory (St.Leo) "Was it not necessary that the Christ should suffer and so enter into His Glory" (Gosp)

### **HOLY COMMUNION**

"Every time we eat this bread and drink this cup we are proclaiming His death" (1 Cor 11:25-26). Today we are united with Christ in a special way because He died for love of us. The Liturgy comes to an abrupt end.

The Priest departs in silence. The Church keeps vigil by the tomb of the Lord. On no other day of the year are our Churches so austere in appearance. The Tabernacle is empty and the Sanctuary devoid of flowers. Only the Crucifix remains on the Alter.

### **HOLY SATURDAY**

This is a day of quiet waiting for the Resurrection. There is still sorrow even if it lacks the intensity of the previous day. "Today there is a great silence on Earth because the King sleeps". On the first Holy Saturday all seemed lost. The disciples were shattered. Only Mary kept faith and awaited the Resurrection of her son. That is why every Saturday of the year is devoted to Our Lady. Christ has died, but His death is like a sleep on which He will awake on Easter morning. Christ has entered the abode of the dead. In Baptism, St. Paul reminds us that we went into the tomb with Jesus and joined Him in death so that as Christ was raised from the dead, we too might live a new life.

### **THE EASTER VIGIL**

With the approach of nightfall we have arrived at the heart of the Holy Week celebrations. St. Augustine describes this night as "The Mother of all Vigils". For Christians of antiquity, Easter was "The Feast of all Feasts". This is the Paschal Feast which includes all the other Christian mysteries. The name Pasch (Passover) is of Hebrew origin.

The Jewish Passover celebrated the deliverance of the Israelites from the oppression of Pharaoh. The destroying angel passed over the houses of the Israelites which were sprinkled with the blood of the Paschal Lamb. (READ EXODUS CHAPTER 12)

This feast contained all the memory of all God's wonderful deeds in the course of their history - the giving of the covenant on Sinai, the wonders of the Exodus and the final entry into the Promised Land. It was not just a memorial of a past event but those who celebrated it felt themselves caught up and made sharers in the experience of their forefathers.

The Christian Pasch: It was at the same time in the year of the Jewish Pasch, that the Passover of Jesus from death to Life took place. Christ is our New Passover. He is the new Moses leading the people from the slavery of sin to freedom of the Promised Land of Heaven.

The Israelites ate Manna - the New Manna is Christ Himself. He gives us strength. He is the fountain of Living Water. He is the "bronze serpent" and all who look on Him with faith will be saved. According to John, it is at the hour of the evening

sacrifice, when the Paschal Lambs were being slain in the Temple, that Jesus was Crucified. Jesus our Paschal Lamb is sacrificed.

## **THE VIGIL SERVICE**

### **SERVICE OF LIGHT**

Jesus is the Light of the World. By His death and Resurrection, the powers of darkness are overcome. The service begins outside the Church where a large fire is prepared. The fire is blessed and a large Paschal Candle is lit from it. The Candle represents the Risen Christ. The fire represents a new beginning for humanity and hope for the World. The Priest cuts a cross in the wax candle with a stylus. Then he traces the Greek letter ALPHA above the cross and OMEGA below. Between the horns of the cross, the numerals of the current year are inscribed. (This means that Christ is King of all ages). The Priest says,

"Christ yesterday and today,  
The beginning and the end,  
Alpha and Omega,  
All times belong to Him  
And all ages  
To Him be glory and power  
for ever and ever, Amen.

Five grains of incense are now inserted in the Candle representing the five wounds of Christ, and a prayer is said. With the lighted Candle carried in front everyone enters the darkened Church. Three times "Christ our Light" is sung. The people respond "Thanks be to God". The people's candles are now lit from the flame of the Paschal Candle. This conveys the idea that the Light is communicated to others. This happens when people respond to the Gospel in faith and are Baptised. The Candle is now placed on its high perch in the Sanctuary. The ancient Christian Hymn the "EXULTET" is now sung. It is a Hymn of praise and joy to the Risen Christ.

### **LITURGY OF THE WORD**

After the "Exultet" the people put out their candles and sit down for the Reading, nine in all. For pastoral reasons, the number of readings may sometimes be reduced. The whole atmosphere in which the Readings are carried out should be relaxed and unhurried. Good readers make Scriptural text come alive. In a true sense the Readings on this Holy Night set before us is a whole synopsis of salvation history. In the Old Testament it finds realization.

#### **FIRST READING: Gen 1:1-2:2.**

This is the account of creation. There is a connection between the first creation in Genesis and the New Creation which comes about at Baptism. In the Baptismal ceremony the Priest addresses the newly Baptised and says, "You have become a new creation". The first creation was disfigured by the sin of Adam. But Christ is the new Adam who restores all things. As we are Baptised into his death, we are born anew and become heirs to the New Paradise (Heaven), the First Paradise being forfeited by Adam. In the Creation account, the Spirit of God which "hovered over the waters" is the same Holy Spirit who sanctifies the waters of Baptism. The Creation of Light also suggests Baptism which is the Sacrament of Enlightenment. Man was

made in "God's image and likeness". Through faith and Baptism we are renewed in "the image of our Maker". (Col:3:10) The prayer after the Reading sums up the theme.

### **SECOND READING (Gen 22:1-18)**

Abraham is known as our Father in Faith. In obedience to the Lord, he was prepared to sacrifice his only son, Isaac. At the last moment the Angel stops him and a ram is sacrificed instead. Abraham prefigures Christ who was obedient unto death. Isaac is also a "type of Christ" he is the "innocent lamb" who allows himself to be sacrificed. As a reward, Abraham was promised that his descendants would outnumber the stars. We are his descendants in Faith.

### **THIRD READING**

This Reading is obligatory. It describes the miraculous crossing of the Red Sea by the Israelites. This was an event of decisive importance for them - a breakthrough from slavery to freedom. It symbolises the victory of Christ over the powers of evil. Like the Israelites of Old, the newly baptised pass through the waters of the Red Sea. They leave behind them the world of darkness - they set their sights on the Promised Land of Heaven. Christ is the New Moses. The Responsorial Psalm, following the Reading is in the form of a victory song.

### **FOURTH READING (Is 54:5-14)**

The covenant set up on Mount Sinai between God and His people is like a marriage contract. It is a partnership of love which demands fidelity and trust. Time and time again the Israelites were unfaithful, but God never disowned His Spouse. At Easter we celebrate the mystery of divine love.

### **FIFTH READING (Is 55:1-11)**

God is here entreating His people to listen and be faithful to Him. Then He promises that He will make an everlasting covenant with them. This is fulfilled in Christ who seals the "New and Eternal Covenant in his blood". If we listen and take His words to heart "our souls will live, our thirst will be satisfied".

### **THE EASTER ALLELUIA**

This acclamation makes its dramatic return with full gusto after the season of Lent, during which it was muted. This Hebrew word like none other is most characteristic of the Easter season. It is a loud acclamation of praise, joy and victory to the Risen Christ, as St. Augustine says, "it anticipates the Heavenly Liturgy". It heralds the Gospel of the Resurrection. It is the response to the psalm (117)

### **THE GOSPEL**

This Gospel is the most joyous of the whole year. It describes the events of Easter morning. The Angel said to the women, "He is not here, He has Risen". This great event is the foundation of the Christian Faith.

## **THE BAPTISMAL LITURGY**

From as early as the second century the baptism of adult Catechumens was linked with Easter. The Priest invites the congregation to pray for the adult converts if there are any. The Litany of the Saints is sung. We invoke their Heavenly assistance. The water to be used is blessed by a beautiful prayer which dates back to the sixth century. The Baptismal Font is a "tomb" in which we are buried to sin. It is also "a womb" from which we are reborn as children of God. The imagery of water in the Old and New Testament is brought out in the prayer of blessing. The Holy Spirit is evoked by lowering the Paschal Candle into the water. After renouncing Satan and professing their faith, the candidates are baptised. The rest of the congregation now renew their Baptismal Vows while holding lighted candles. We have been preparing for this moment throughout the period of Lent. The grace of Easter is a grace of a faith newly found. The priest then sprinkles the people with Holy Water - again reminding them of their Baptism.

### **THE EUCHARISTIC LITURGY**

If there are any newly baptised, they bring bread and wine to the alter. This will be the Mass of their First Communion. The Eucharist is the final Easter sacrament and completes Christian initiation. Through this Eucharist we are united more closely with the Risen Christ who has died for love of us. We also look forward to His coming in Glory. As Christians we have the privilege of spreading God's love into the World.

### **MARY AND THE RESURRECTION**

According to ancient belief, Jesus first appeared to Mary, His Mother, after His Resurrection. In some Monasteries, at the conclusion of the Easter Vigil Mass, as the Monks file out of the Church, they stop before an Icon of Mary and chant the "Regina Coeli". This Hymn replaces the Angelus during the Easter Season.