

Jesus assures his disciples that he is risen from the dead and sends them to preach the gospel in his name. He assures us of this too, and we are sent to be his people in our family, among our friends, in all parts of the world.



We sometimes hear the phrase, 'walking the walk'. It means that we share, with compassion, another's life, just as Jesus walked the walk with the disciples going to Emmaus. It means entering into the lives of others. We often have a really good chat on a walk.

Jesus entered into the apostles' lives by listening, hearing their disappointment that he had been crucified and that their hopes were shattered. His was active listening. He was able then to connect with them as he told them about himself. The time probably passed very quickly.

Whatever way he spoke, he lifted their spirits as they said later, 'our hearts burned within us as he spoke'. Prayer, at times, can be like that.

Our faith life is walking with Jesus as we share everything of our lives with him, and hear his words of acceptance. We walk with the gospel words in our minds and our gospel book in our hands. But it doesn't end just with a walk.

Like a good walk often ends with refreshment, the Emmaus walk ended with the meal. At that meal the two disciples recognised him. Our talk and walk with the Lord is a journey to the Eucharist. There, without words, he offers bread and wine, his body and blood.

Like the two disciples – we are encouraged then to share his gospel, his risen life, as we bring what we have received to our world. Our walk ends with the invitation to walk further – 'Go and glorify the Lord with your life.'

Lord, may our hearts burn with your words, and our souls be refreshed with your Bread of life.

Donald Neary SJ, Editor Sacred Heart Messenger

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.

RESPONSORIAL PSALM Psalm 15:1-2.5.7-11

R. Show us, Lord, the path of life.

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 Peter 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 Luke 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 should 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 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.

LITURGY OF THE EUCHARIST

AFTER THE CONSECRATION

Save us, Saviour of the world, for by your Cross and Resurrection you have set us free.

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.

PENITENTIAL ACT

You were sent to heal the contrite of heart:
Lord, have mercy. Lord, have mercy.
You came to call sinners:
Christ, have mercy. Christ, have mercy.
You are seated at the right hand of the
Father to intercede for us:
Lord, have mercy. Lord, have mercy.
May almighty God have mercy on us.....Amen.

THE 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.



LITURGY OF THE WORD

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