

A triumphant simplicity

"They took the body of Jesus and bound it in linen cloths with the spices". (John 19:40)

Triumphant Jesus

You raised Lazarus from dead, saying

"Unbind him, let him go free."

You too were bound and laid to rest

in a cold tomb, freshened by myrrh and aloes.

Unbind us so that we may also go free.

In sorrow we left you as the dead Jesus

and in wonder you returned to us as the Risen Christ.

Untied from the strips of linen,

you offered us a new-found freedom.

Raise us from the coldness of the tomb in which we are trapped.

With this freedom we are empowered to make choices

about our lifestyle and attitudes,

But our human frailty prevents us from being courageous

by taking those first vital steps.

Release us from the self-imposed exile of our prejudices.

Amen.

Tony Singleton/CAFOD

Recreate the world

Creator God,
Because of your abundant love
you chose to bring light and order into the formless void,
to create a world of unsurpassed beauty
and you saw that it was good.

We ask that you continue to recreate the world
with that same attentive love,
to bring light into today's ever increasing chaos and darkness
where we have failed to be stewards and carers of your creation.

Replenish our hearts
so that we too can renew the face of the earth.

Amen

Kieran O'Brien/CAFOD

Resurrection Light

Risen Christ, when darkness overwhelms us

may your dawn beckon.

When fear paralyses us

may your touch release us.

When grief torments us

may your peace enfold us.

When memories haunt us

may your presence heal us.

When justice fails us

may your anger ignite us.

When apathy stagnates us

may your challenge renew us.

When courage leaves us

may your spirit inspire us.

When despair grips us

may your hope restore us.

And when death threatens us

may your resurrection light lead us. Amen.

Annabel Shilson-Thomas/CAFOD

Broken Bread

God, whom we meet in bread and wine,
in body broken and blood outpoured,
fill us with your compassion,
that we may hear the cries of the hungry
and reach out to those in need.

Engender in us a thirst for justice,
that the hungry will be satisfied
and the rich sent empty away.

Roll away our apathy
that, with arms outstretched,
we may offer life in place of death
and hope in the face of despair.

Amen.

Annabel Shilson-Thomas/CAFOD

Overcoming the Cross of hunger

Risen Lord,
shed your light on those who live in the shadow of death
and warm the hearts of those who have lost hope,
that they who daily bear the cross of hunger
may find your Promised Land,
and move from slavery to freedom.

As we proclaim your Easter song
help us to die to greed and rise to justice,
to abandon apathy and take up action,
that rich and poor together may travel the road to freedom,
and be restored to your resurrection life.

Amen.

Annabel Shilson-Thomas/CAFOD

Happy Easter

Heaven and earth you made

Almighty Father, your only-begotten son you gave

Priest and King, Lamb of God

Passion and death on a cross

You, Lord Jesus, made us children of God.

Encourage us to believe

All our love and praise receive

So joyful and glorious

The Lord is risen, miraculous

Endless is your love, O Lord

Rejoicing, we thank you, our God.

Diana Sutherland (CAFOD supporter)