

THIRD SUNDAY OF EASTER

APRIL 18, 2021



Appearance to the Disciples in Jerusalem

LUKE 24:35-48

The two disciples recounted what had taken place on the way, and how Jesus was made known to them in the breaking of bread.

While they were still speaking about this, he stood in their midst and said to them, "Peace be with you."

But they were startled and terrified and thought that they were seeing a ghost. Then he said to them, "Why are you troubled? And why do questions arise in your hearts? Look at my hands and my feet, that it is I myself. Touch me and see, because a ghost does not have flesh and bones as you can see I have."

And as he said this, he showed them his hands and his feet. While they were still incredulous for joy and were amazed, he asked them, "Have you anything here to eat?" They gave him a piece of baked fish; he took it and ate it in front of them.

He said to them, "These are my words that I spoke to you while I was still with you, that everything written about me in the law of Moses and in the prophets and psalms must be fulfilled." Then he opened their minds to understand the Scriptures. And he said to them, "Thus it is written that the Christ would suffer and rise from the dead on the third day and that repentance, for the forgiveness of sins, would be preached in his name to all the nations, beginning from Jerusalem. You are witnesses of these things."



EXPLORE THE GOSPEL

Either before or after a Sunday meal together, have a designated member of the family read the Gospel. Family members should listen attentively.

Then have each family member share an insight about the Gospel.

Discuss the following questions as a family:

- In today's Gospel, Jesus asked his disciples why they were troubled. Why do you think they were troubled?
- Why did Jesus ask the disciples to look at his hands and feet?

FAMILY FUN

Look Through Old Photos



After the Crucifixion and Resurrection, Jesus returned and visited his disciples. Before he died, Jesus told his disciples about everything that was going to happen "while I was still with you." Just as the disciples remember and talk about Jesus, we also have memories of people who we don't get to see very often. Take some time as a family to look through old photos. Talk about the people in the pictures and some of the fun memories that you shared with them. Try to pick out a favorite photo you have with a friend or a loved one.



Pro-Cathedral of
ST. MARY

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FAMILY PRAYER

At Sunday Mass during the Easter Season, we often read small excerpts of the various resurrection accounts found throughout the Gospels. For this week's family prayer, pick one of the four Gospels (Matthew, Mark, Luke or John) and have someone read the entire resurrection account provided by the Gospel writer of your choice. Use your own family bible for this family prayer activity.

1. Pick one of the following Gospels and read their account of the resurrections:
 - Matthew 28:1-20
 - Mark 16:1-20
 - Luke 24:1-53
 - John 20:1-31
2. As you listen to the resurrection account, is there anything you noticed for the first time or anything that speaks to you differently this time? Discuss together as a family.
3. Close with an Our Father, Hail Mary, and Glory Be.

Our Father

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

Amen.

Hail Mary

Hail Mary, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God, pray for us sinners now and at the hour of our death.

Amen.

Glory Be

Glory be to the Father and to the Son and to the Holy Spirit; as it was in the beginning, is now, and ever shall be, world without end.

Amen.

Families are encouraged to share what they are doing to celebrate each Sunday by using the hashtag [#ReclaimingSundays](#) on social media!

RECIPE OF THE WEEK Chicken Shawarma



In today's Gospel, the Risen Jesus appears to his disciples beginning in Jerusalem. Enjoy this dish which is popular in Jerusalem today!

INGREDIENTS:

2 t. ground cumin
2 t. turmeric
2 t. ground coriander
2 t. garlic powder
2 t. paprika
1/2 t. ground cloves
1/2 t. cayenne pepper
Salt
8 boneless, skinless chicken thighs
1 red onion, thinly sliced
Juice of 1 lemon
1/3 c. extra virgin olive oil

YOGURT SAUCE:

1 c. Greek yogurt
1 clove garlic, minced
1 t. cumin
1 t. lemon juice
Salt and pepper

TO SERVE:

Pita pockets
Lettuce or arugula
Diced tomatoes
Sliced cucumbers

DIRECTIONS:

1. In a small bowl, combine the cumin, turmeric, coriander, garlic powder, paprika and cloves, and set aside.
2. Pat the chicken thighs dry and season with salt on both sides, then thinly slice into small bite-sized pieces.
3. Place the chicken in a large bowl. Add the spice mix and toss to coat. Add the onions, lemon juice and olive oil. Toss everything together again. Cover and refrigerate for 3 hours or overnight.
4. Preheat the oven to 425 degrees. Take the chicken out of the fridge and let it sit in room temperature for a few minutes.
5. Spread the marinated chicken with the onions in one layer on a large lightly-oiled baking sheet. Roast for 30 minutes in the oven.
6. While the chicken is roasting, combine ingredients for the yogurt sauce in a bowl.
7. To serve, open the pita pockets and add chicken, lettuce, tomatoes, cucumbers and the yogurt sauce.

Submit your own favorite snack, dessert, or dinner recipe online at www.stmarysbismarck.org/reclaiming-sundays