1. HEAR

3rd Sunday of Easter

First Reading: Acts 2:14, 22-33
Responsorial Psalm PS 16
Second Reading: 1 Peter 1:17-21

Full Readings can be found here!

ON THE ROAD TO Emmaus

Options to Read/Listen to the Gospel

Grab your bible and look up the reading. Don’t have one? No worries you can find the text here
Check out this video with the Proclamation of the Gospel with images.

For families with young children, a video from Holy Heroes.

Share with us how you are living out your faith at home. Use #LACatholicsBelieve and tag @LACatholics on social media.

2. PRAY

Go on an Emmaus Walk

♦ Take a walk with your family or by yourself. Please take care to be safe and practice social distancing. If a walk in the neighborhood is not possible—take a slow walk around your yard or in your house/apartment. Be observant.
♦ Bring your phone to snap a photo or a journal to write or sketch your observations.
♦ Begin your walk with a simple prayer:
  Dear Jesus - as we start this Emmaus walk, help us to find you in all that we encounter. Amen.
♦ Reflect on the question: Where do I see or find Jesus on this walk?

Scavenger Hunt for Kids: Take photo or draw picture of what you find. Be creative!
♦ Find something that reminds you of your family.
♦ Find something that makes you think of “breaking bread” or “our hearts burning.”
♦ Think about where you see Jesus on this walk?

3. TALK

Share a Meal

♦ Share what you saw on your Emmaus walk. If you live alone reach out to a friend or family member to share your observations.
♦ Where did you find Jesus on your walk?
♦ How do you feel that God is calling you, right now, to help others?