

## The Paschal Mystery and Me

The Paschal Mystery is the name that we give to Jesus' life, death, and resurrection. Every Good Friday we remember Christ's death on the cross, and then on Easter we celebrate his Resurrection. But his resurrection wasn't immediately followed by his ascension into heaven—that happened 40 days later. And 10 days after that, the Holy Spirit was sent to the disciples, which we celebrate as Pentecost—the birthday of the Church.

The Paschal Mystery isn't only about Jesus' life, death, and resurrection. It is also about our own. As a caterpillar must die to the way things were in order to become a butterfly, so we, too, often find ourselves losing one thing in order to gain another. But like Jesus on the cross, that losing isn't easy, and there is pain involved. The Paschal Mystery promises us that if we allow the pain of loss to happen, and we open ourselves to it, then in time, something new can happen.

Our faith isn't just about going to Church—it is about the wholeness of our life. If we can follow this Paschal Mystery in our own life, then we will be happier, wiser, more at peace. And that is what Jesus promises us. His first words to the disciples after his resurrection were "Peace be with you."

This past year has been one of loss and new life. What has impacted you the most? Read the story of Mary Magdalene, John 20:1-18. Mary was sad that Jesus had died. But, on this third day, she saw the risen Christ. Loss and new life.

The Paschal Mystery tells us new things come through death and letting go.

- How would the world be a better place if everyone believed this?
- How would your life be better if you really believed this?
- What is most challenging to you about this?
- What is most exciting to you?