For Christians, it is through the Life, Death and Resurrection of Jesus that new life begins. Jesus reveals the way to eternal life for us and so a new life begins here and now, a life which will culminate in future glory.

The Lenten journey is one which takes us to the glory of Easter Sunday, from death to new life.

**DEATH & NEW LIFE OUR BIG QUESTION** Can any good come from loss and death? REFLECTION °C Lord, when I am hungry give me someone to feed; **SCRIPTURE** When I am thirsty give water for their John 6: 35, 37,51, 60,67-68 Jesus said, "I am the **KEY VOCABULARY** thirst. bread that gives life. He who comes to me will death change When a burden weighs upon me, lay upon Loss never be hungry. He who believes in me will never be thirsty." my shoulders the burden of my fellows. growth John 12: 24-25 A grain of wheat must fall to the Lord, when I stand greatly in need of The Triduum ground and die. Then it makes many seeds. But if tenderness, give me someone who yearns it never dies, it remains only a single seed. for love. Easter Vigil Paschal John 19: 16-21, 25-30, 38-42 Jesus' crucifixion and May your will be my bread; burial Your grace my strength; Your love my John 20: 1-8 Jesus' tomb is empty. resting place.