



Small Groups

Parish Community of Saint Helen

Sunday, April 23, 2023
Third Sunday of Easter
In the Zone Week 2

Opening Song

[Raise a Hallelujah ~ Saint Helen Band](#)

Opening Prayer

Risen Lord, thank you for walking with us each day and welcoming us to your table. May we recognize you in those we encounter and in the nature that surrounds us. We pray that your light shines in us today. Amen.

Gospel

LK 24:13-35

That very day, the first day of the week,
two of Jesus' disciples were going
to a village seven miles from Jerusalem called Emmaus,
and they were conversing about all the things that had occurred.
And it happened that while they were conversing and debating,
Jesus himself drew near and walked with them,
but their eyes were prevented from recognizing him.
He asked them,
"What are you discussing as you walk along?"
They stopped, looking downcast.
One of them, named Cleopas, said to him in reply,
"Are you the only visitor to Jerusalem
who does not know of the things

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that have taken place there in these days?"

And he replied to them, "What sort of things?"

They said to him,

"The things that happened to Jesus the Nazarene,

who was a prophet mighty in deed and word

before God and all the people,

how our chief priests and rulers both handed him over

to a sentence of death and crucified him.

But we were hoping that he would be the one to redeem Israel;

and besides all this,

it is now the third day since this took place.

Some women from our group, however, have astounded us:

they were at the tomb early in the morning

and did not find his body;

they came back and reported

that they had indeed seen a vision of angels

who announced that he was alive.

Then some of those with us went to the tomb

and found things just as the women had described,

but him they did not see."

And he said to them, "Oh, how foolish you are!

How slow of heart to believe all that the prophets spoke!

Was it not necessary that the Christ should suffer these things

and enter into his glory?"

Then beginning with Moses and all the prophets,

he interpreted to them what referred to him

in all the Scriptures.

As they approached the village to which they were going,

he gave the impression that he was going on farther.

But they urged him, "Stay with us,
for it is nearly evening and the day is almost over."
So he went in to stay with them.
And it happened that, while he was with them at table,
he took bread, said the blessing,
broke it, and gave it to them.
With that their eyes were opened and they recognized him,
but he vanished from their sight.
Then they said to each other,
"Were not our hearts burning within us
while he spoke to us on the way and opened the Scriptures to us?"
So they set out at once and returned to Jerusalem
where they found gathered together
the eleven and those with them who were saying,
"The Lord has truly been raised and has appeared to Simon!"
Then the two recounted
what had taken place on the way
and how he was made known to them in the breaking of bread.

Reflection Video:

Options:

[The Weekend Homily](#)

Or

[Road to Emmaus and the Mass ~ Dr. Brant Pitri](#)

Discussion Questions

1. Where is your "Road to Emmaus" – the place where Jesus surprised you?
2. What is the closest you have come to "throwing in the towel" and giving up on your relationship with God? What was it that brought you back to faith?

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3. How would you explain to a non Christian friend the life, death and resurrection of Jesus Christ, and the way a person can have a relationship with Jesus Christ?
4. We've been through so much these past three years. How was it three years ago when we were unable to physically receive the Eucharist? We now are able to receive the precious blood of Jesus at Mass. How does this make you feel?

Closing Prayer

Ask for the group intentions ~ *Lord hear our prayer* after each

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.

Closing Reflection Song [Lord, I Need You ~ Matt Maher](#)