

# Easter 2020

## A reflection

*Reflection on the meaning of Easter by Sharon O'Keeffe, Director Identity and Outreach, Catholic Education Services, Cairns.*

*This is the day that the Lord has made, let us rejoice and be glad*

Easter Sunday marks the commencement of 50 days of celebrating and coming to understand the mystery of Christ's Resurrection. It is a joy-filled and challenging time in our Liturgical calendar as we journey with the women and men, who had come to know Jesus while he was alive, as they wrestle with the concept that he was coming back only for a short time to send them apostles on their mission to tell the world of the good news of Jesus' resurrection.



Figure 1 [Duccio di Buoninsegna](#)

It doesn't feel like there is much good news at the moment and for many of us, we are struggling with how to celebrate anything while there is so much loss, uncertainty, illness and death in our world. I have been listening and journeying with a dear friend, Rachel McLoughlin, a Loreto Sister who is a Spiritual Director and provide Physiotherapy for Refugees and people living on the edge. Earlier this year, she shared her wisdom by connecting Spirituality to our Body as a place of Revelation at the annual TREWTH conference. Her invitation to listen to how we are feeling physically and what is happening spiritually reminded me of the invitation we have today to practice our faith in new and creative ways. [She once wrote](#): *Have you ever watched the morning sunrise only to realise that it is not rising at all, but the earth is moving under the sun? Have you ever gazed at a star and wondered how many other billions of galaxies lie beyond it? Or have you ever watched a toddler discover an ant and found yourself just as mesmerised by the wonders of the workings of this tiny insect yourself?* I think these invitations to look at our world, in our small spaces now, in new and amazing ways, could be a way to marvel at the Easter message during Coronavirus.

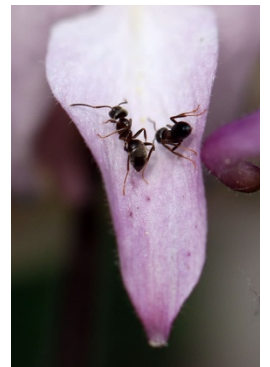
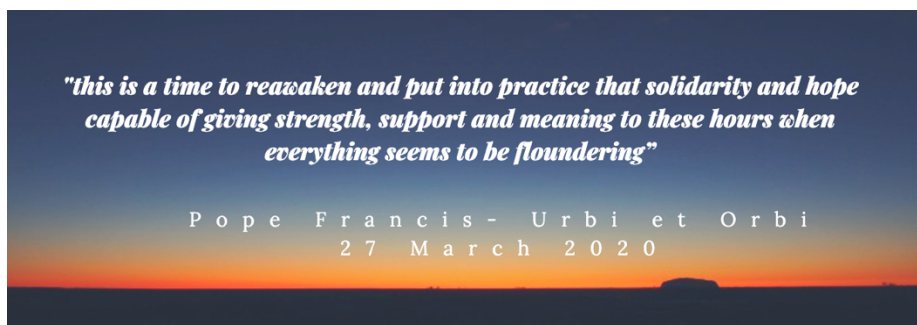


Figure 2 [Ant](#)

This thing we are all a part of, it's living history. Our children are all part of this, and it will be talked about for generations to come. I encourage you all to keep a journal over the coming weeks and months. Handwritten, typed, in photographs or drawings....record events, day to day activities, fears and feelings. Make a video journal if that's the media you and your family prefer to use. Interview those who are near and far – be creative, innovative and bold - be a part of it. When it's all over, save it/store...and later, when we have found our new normal, just as the apostles did once Jesus ascended into heaven, we can share with this time in our lives with our children and grandchildren.

This Easter, let us live a different type of courage and patience, one that calls us to reach deep within to find our strength and our hope. As Pope Francis reminded us at the very moving Urbi et Orbi on March 27th, this is a time *“to reawaken and put into practice that solidarity and hope capable of giving strength, support and meaning to these hours when everything seems to be floundering”*. Stay safe and well and continue to look after one another.



## Something to Ponder

**Psalmic Principle and Foundation** by Rachel McLoughlin.

I am more than you can imagine  
My compassion is vast beyond measure.  
I have loved you  
before you were born,  
since the beginning of all that is.  
You are one with all things.  
Receive my love.  
You are special  
Of course I want you.  
Discover what I have given you.  
Celebrate these gifts with awe and wonder.  
Delight in them with me.  
Endeavour to wake up to the *magis*\*.  
Participate in creation (consciously)  
with me  
in me  
through me  
in love.  
Search me, know me, love me,  
as I know and love you.  
Listen to your body as revelation.  
Trust, let go.  
Know that you are held.  
Step into the mystery again and again  
transformed by my love  
transform the world.  
We are one love.  
I am  
from beginning to beginning.

\**magis*: Latin - the more, better.



Figure 3 The tree of life gnosis, painting, [Scott Richard](#)

## To Share

Faithful God, the resurrection of Your Son has given us new life and renewed hope.  
Help us to live as new people in pursuit of the Christian ideal.  
Grant us wisdom to know what we must do,  
the will to want to do it,  
the courage to undertake it,  
the perseverance to continue to do it,  
and the strength to complete it.



Figure 4 [Crucifixion](#)

## Resources

- As a family, gather and share [what it is like to find the tomb empty](#), especially now when we are homebound.
- If you are finding this time particularly challenging, why not read [Grief in Easter Season](#)
- If you are finding this a particularly challenging journey, why not read [The Easter Path](#)
- Read more about Joan Chittister's invitation to find God in new places in [Easter calls us to resurrection—our own](#)
- Finally, you might sit in hope and light as a family by listening to [Christ is Risen](#) by Matt Maher