



# Easter Sunday

## Jesus the Christ is among us as he always was

Artists, painters, writers and dreamers revel in the concept of darkness and light. Where would we be without contrast and depth in expression of melody, artistic and photographic presentations, and our colourful landscape? We can delight in reflections that become mirror images or shadows as we admire the effects in nature and water.

So, it is when we celebrate the Easter Triduum, we are reminded of *Holy Darkness, Blessed Light*.

The events of Holy Week commence with what appears to be great excitement and celebration as Jesus was welcomed into Jerusalem on a donkey by a crowd waving palm branches. Jesus was aware that he needed to make this journey alone as he contemplated his impending death. He knew that this was only the beginning of a hard week ahead. He was also in deep disappointment as he knew that one of his twelve would betray him.

The Paschal Journey is a journey we all need to make. Jesus through his life had prepared for this time. On Holy Thursday he gave his all and he gave us himself. While he experienced anxiety and disappointment, he prepared the way for us.

Easter Sunday, while a triumph for Jesus, was a disaster for the disciples and they were terrified. Their leader was dead, he was gone, he was not in the tomb, and life had changed for them.

Judy Cannato points out that *"In its initial moments, resurrection is indistinguishable from death. At first we are unable to find the great turning that has taken place. All that has been comfortable, all that has held us in place is gone, and there is nothing recognisable to stand on. Everything that we have planted our feet on is swept away"*. (Field of Compassion, p.181)

For Jesus' disciples, they needed further signs to give them hope. This is the Paschal Journey – a journey of twists and turns of dark and light, of courage and commitment.

Mary Pellegrino tells us, *"This Easter Sunday movement is a threshold experience and it's not the beginning and it's not the end; it's a threshold. And it takes time for us to live into the new thing"*. (Along a Paschal Journey, Session 3, Hope)

## and always will be

We, like the disciples, at times lack the comprehension to realise that Jesus the Christ has transcended death and is now among us as he always was and always will be.

While we speak about the triduum, the Paschal Journey is one event. It is about life and death, one person's life preparation of consciously being in hope and freedom as Jesus demonstrated. Ronald Rolheiser expresses so eloquently in his writings (Sacred Fire) the significance of being prepared to give away not only our life but also our death. A well-lived life can be a vital influence on those who know us. Jesus left us his legacy and his word to live by. We are called to bring hope to the world, to the Church and to each other.

There has to be death before there is Resurrection. We are called to cross new thresholds and bring about change before transformation happens. This needs to happen time and time again by revisiting the call to Resurrection. *"Resurrection is simply another word for new awareness. Resurrection is a quantum leap in complexity and consciousness."* (Cannato, Field of Compassion, p.182) We need the dark times to enable an abundance of light!

May this Easter, as we rejoice in the Resurrection, give us fresh courage to consciously live our Paschal Journeys. May our hearts be stirred anew with hope and the possibilities of Resurrection.

### Easter Blessing

*The blessing of the morning light to you,  
may it find you even in your invisible  
appearances, may you be seen to have risen  
from some other place you know and have known  
in the darkness and that that carries all you need.  
May you see what is hidden in you  
as a place of hospitality and shadowed shelter,  
may that hidden darkness be your gift to give,  
may you hold that shadow to the light  
and the silence of that shelter to the word of the light,  
may you join all of your previous disappearances  
with this new appearance, this new morning,  
this being seen again, new and newly alive.*

(David Whyte – Easter Morning, 2015. In Memoriam John O'Donohue)

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