

Easter Sunday

Set aside a prayer time and begin by relaxing and coming to stillness.

Read the Gospel, preferably aloud and slowly, paying attention to any words that stand out for you. Stay with those words for a few minutes and wait to see if God is present to you.

Gospel John 20:1-9. *He must rise from the dead.*

It was very early and still dark, when Mary of Magdala came to the tomb.

She saw that the stone had been moved away from the tomb and came running to Simon Peter and the other disciple, the one Jesus loved. 'They have taken the Lord out of the tomb,' she said, 'and we don't know where they have put him.'

So Peter set out with the other disciple to go to the tomb. They ran together, but the other disciple, reached the tomb first; he bent down and saw the linen cloths lying on the ground, but did not go in.

Simon Peter came up, went right into the tomb, saw the linen cloths on the ground, and also the cloth that had been over his head; this was not with the linen cloths but rolled up in a place by itself. Then the other disciple went in; he saw and he believed.

Till this moment they had failed to understand the teaching of scripture that he must rise from the dead.

Reflection : I Choose Life

This morning
I stand erect,
I open my face,
I breathe in the dawn,
I choose **Life**.

This morning
I accept my injuries,
I hush my limitations,
I dissolve my fears,
I choose **Life**.

This morning
I make peace,
I nourish the future,
I share joy,
I choose **Life**.

This morning
I seek you in death
I rise you from the mire,
I bear you, so fragile,
I choose **Life**.

This morning
I listen to you in silence,
I let you fill me,
I follow you intently,
I choose **Life**.

Franciscan Prayer

In the 13th century, St Francis of Assisi introduced a type of spirituality which is ideal for the practical amongst us and those willing to go in any direction that the Spirit calls.

Free spirits and action orientated, witty and charming, attractive, larger than life characters are often used to describe this temperament.

Acts of loving service can be the most effective type of prayer especially if combined with the desire to do God's will and to engage God in loving conversation.

Scripturally the Incarnation of God in the life of Jesus is the centre around which Franciscan life and spirituality revolve. Finding a model, Jesus Christ or St Francis of Assisi, can be helpful. Some other hero or heroine model can also contribute.

Symbols do not ordinarily appeal or be meaningful, as the primary Franciscan focus is the real and the literal.

Fruitful meditation on the beauty of a flower, a lake, a waterfall, a mountain, the ocean, sunsets and sunrises can all lead to conversations with God or silent praise and thanksgiving.

Silent retreats are not recommended for this type.

Prayer prompts ... with a Franciscan bent

Take a crucifix, what does looking and feeling it arouse in you? Any resonances with this current Pandemic?

Take a walk and look for signs of God's beauty. Praise and thank God for what you see.

Plan some sort of celebration of gratitude, even in these difficult days, for someone. Celebrate and praise and be grateful to God for His goodness and love.

Plan acts of charity, letters, and cards to someone sick or alone. Pray for that person as you plan and carry out your plan.

Fr Geoffrey has said he finds listening to the setting of John's Passion by the Estonian composer, Arvo Pärt engages him deeply if he can allow it to.

Although we all have our favourite ways to pray sometimes it can be fruitful to try a different way. God can surprise you in a way you weren't expecting!