

April 2009

Mindfulness and Easter Transformation

It happens irresistibly each year in the northern hemisphere around the middle of March. Walk along a country road or a city side street and look at the stick-like trees, as an impressionist painter would, and you will see them - lime colored dots that will soon gush forth into green leaves. Stare at a flower patch and you will see them - short, sturdy shoots of crocus pushing upwards, ahead of the pack, even of the daffodils, as a kind of Annunciation. Step outside early in the morning and you will hear and see them - the throaty, patterned sounds of splendidly colored birds saying "We're back!"

There are also, though, news photos of massive rivers building up flooding conditions and dark skies over open plains threatening tornadoes. The earth cycle of the northern spring starts again the movement from seed to bloom; it also shows suffering and death in the midst of buzzing and blooming life.

Mindfulness in nature brings us insights and it does, too, when we welcome it into our symbolic liturgical consciousness. The liturgies of Holy Week work their wonders in us when we open up once again, from where ***we are now*** in our own life cycle, to the great mystery of ***life and limit*** in us, allowing both to be taken up into the great mystery of God's embracing and unconditional love.



Whether our limits appear as darkness or doubt or diminishment or fear or lament or real sin, we are picked up and held and healed again through the suffering, death and rising up of Jesus the Christ, who manifests God's own special love for us and all of creation. We are given God's own creating, healing and sustaining Holy Spirit to be again renewed green shoots, new leaven for the whole batch, Annunciations of a New Creation!

Mindfulness in Word and Sacrament, in text and ritual, and with the gathered community, as it stretches out before us in all its diversity all over our planet, transforms us once again: "not our doing," as Ephesians proclaims, but "the gift of God" to us (Eph 2: 1-10).

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Contact Us

If there is anything you'd like to share with us, e-mail visitation@ihmsisters.org.