

Lent 2015 : Seventh week, April 6 - 12
Week of the Resurrection

- 1. Welcome.....**Three minutes of silence, in the presence of the Risen Lord
- 2. Conversation:** What touched me about all that I saw and contemplated this week? What was the grace I received?
- 3. Read** Acts of the Apostles 2: 42- 47; 4: 32- 35 (do not do Lection divina... just read it)
- 4. Lectio Divina:** a) Luke 24: 13 - 35
- 5. When "lectio" is finished,** play a few moments of an inspirational CD of music and think about how your experience during these 7 weeks may be similar to that of the early Christians we read about in Acts 2, and Acts 4. They shared their faith, and their thoughts.

We have the potluck now, or coffee and cookies as you may have planned.... finally!! ☺
- 8. Share about your experience** during these seven weeks. How have I enjoyed it? What have I learned? Have I grown? What touched me most? What would I like our small community to do now?
- 7. Before leaving,** take some time of prayer together as the Holy Spirit inspires.

Contemplation: Week 7
Seeing the presence of the Risen Lord, today

Since the beginning of lent, we have listened attentively to the Word of God each week. We have shared our faith. Has this been an enriching experience? Have I grown? The Church tells us that we experience the presence of the Risen Lord in many ways, but in a special way in and through the community of believers. We also meet Him in the quiet reading of Scripture, in the Eucharist and in the Sacramental life of the Church, and a thousand other ways. We meet Him in the closeness of good friends, in the laughter of children, in the illness of the elderly. We meet the dying, the suffering and the Rising of the Lord in all of life. He is alive! His presence, His cross, His words, His laughter, His way of the Beatitudes, His loving presence is present in every breath of life. To contemplate in silence and stillness, is to breath in His beautiful presence. All of life is full of His presence!

We live and move, and have our being in Him! This may seem an unusual way of seeing life, but it is the right way! This is the Catholic Vision, the Christian vision of life. This is the corrected way of seeing life. All of life, all of suffering, all tragedies, all of life's glory and good times, are intimately intertwined in the mystery of the dead and Risen Lord whose is EVER PRESENT! He is creating, sanctifying and saving us, in all of this ordinary stuff of life! When I hear of a friend who is newly pregnant, I see God "creating" anew and preparing one more person to be grafted onto the mystery of His mystical body. When I hear of a friend dying of cancer, the Lord is living out His passion and cross in and through this person, for scripture says: "I carry in my body the dying of Jesus (2 Cor 4:10)".

Exercise in contemplation: Let's try something different. Try to "meditate" on Christ's presence in the usual activities of your life, this week. Listen attentively as your heart is touched by this or that situation. For example, if you are in the presence of someone sick, or someone having a very hard time (either physically ill, or addicted, or depressed) or, on the other hand, in the presence of a newly married couple, a new born child, a beautiful scenery of nature.... be quietly aware of the movements of your heart. Try not to think too much about anything in particular, but be attentive to the inner movements. Be still with the experience. Taste this very special moment. Be quiet, inside and out. Be aware of the Risen Lord, and gently repeat the words: "Risen Lord, I praise You". As you become more still, and attentive to this deep movement, you are in the presence of the Dying and Risen Lord. This is the moment, the mystery, of God.

This exercise in contemplation is the normal "contemplative" attitude of a Catholic. Try to cultivate it often. It is in the stillness of the moment, that the Risen Christ is present, loving, healing, warming and blessing your life. Have a peaceful day in Him..... Alleluia! He is Risen!