

A Mid-day Meditation

From

Sue's Perspective

*Alleluia!! Christ is Risen! The Lord is risen, indeed! Alleluia!!
May his grace and peace be with you! May he fill our hearts with joy!*

This has been an uneventful week in our neck of the woods. Yet there seem to be lots of events going on in our world – and most of what we hear about is not especially good news. Today, I am giving a great deal of thought to the events that unfolded on the weekend of April 18-19 in Nova Scotia. My heart breaks for the victims of that terrible tragedy and their families. This, added to the sadness of the deaths caused by COVID-19, can have us feeling overwhelmed. It is really very difficult to remember that we are an Easter people when all that we hear about are the terrible things going on in the world.

Alleluia!! Christ is Risen!

On top of all of the sad news, we have a winter that is unrelenting. There may not be snow on the ground, but the cold weather makes it tough to believe that spring is actually here. Our local prognosticator seems to have his little rodent wires crossed. By this time of the year, most of us are trying to sort out our gardens, making plans to clean up the yard by raking away the layer of death, the debris – the leaves, the branches, that was buried beneath the snow. We are expectantly watching for the buds on the trees to burst into new leaves. Alas, that's not happening. Every self-respecting tree is holding tightly to the buds that are there and there is no evidence of that changing any time soon.

The Lord is risen, indeed! Alleluia!!

Now, I could go on and on about everything that is wrong with this world right now. That would serve no useful purpose. Instead of being so concerned about what is wrong in our lives, let's look at what is beautiful in our lives. It starts with "Alleluia! Christ is risen!!" How can we not see a glimmer of hope in those words? How can we say them and not feel a warmth coming from the very depths, the very core of our being? Perhaps it's time for us to realize precisely what brings us joy. Perhaps it's time for us to recognize the blessings that are ours, even in this time of isolation.

May his grace and peace be with you!

Today, I had a telephone call from one of my oldest and dearest friends. We haven't spoken with each other in more than two years. He was calling to make sure that Dave and I are healthy and safe. The joy that I felt in that not so short a telephone call is enormous. We took the time to catch up on news of each other's families and talk about how these times are affecting us. It was this telephone call that reminded me about how many blessings I have in my life, beginning right here at home and spreading across the miles to include all of the people who are special to me. Yes, the telephone call reminded me of just how much joy there is in my life.

May he fill our hearts with joy!