

April 9, 2023



Center for Spiritual Development

Daily Reflections

JOURNEYING THROUGH EASTER

Photo by Tomas Williams from Pexels

EASTER SUNDAY: HE IS RISEN!

By Sister Jayne Helmlinger, CSJ

Excerpts from Today's Reading

Peter proceeded to speak and said: We are witnesses of all that Jesus did both in the country of the Jews and in Jerusalem. They put him to death by hanging him on a tree. This man God raised on the third day and granted that he be visible, not to all the people, but to us, the witnesses chosen by God in advance, who ate and drank with him after he rose from the dead. He commissioned us to preach to the people and testify that he is the one appointed by God as judge of the living and the dead. To him all the prophets bear witness, that everyone who believes in him will receive forgiveness of sins through his name.

ACTS 10:39-43

Reflection

He is risen! Alleluia! As we celebrate Easter today are you proclaiming these words – “Alleluia” and “He is Risen”? My own heart is alive with joy and bursting with a desire to share the Good News. I sing these words because singing amplifies what I’m feeling. Deep within my core I’m being “Eastered”; I’m experiencing an inner eruption of awe, joy, and wonder for the gift God has given us as we are people of the resurrection.

With delight, I read today’s first reading from the Acts of the Apostles, and I’m drawn to the words “preach” and “bear witness.” Three questions that swirled to the surface were:

- What am I witnessing to with my life?
- If my life “preaches” the beliefs I hold so dear, what am I saying?
- What do others hear or see when we are together?

As we celebrate the Risen Christ in our lives, remember that we are people of the resurrection. May our lives witness to the faith we proclaim!



Photo of Sea of Galilee by Sr. Karin Nürnberg , CSJ

Arise!

*He is Risen! Alleluia! He is Risen!
Rejoice O my soul
release the joyful energy
bubbling up from within.*

*Let us bear witness to the glory of Easter
in all realms of our lives,
unfurling the gifts of our faith.*

*Alleluia! He is Risen! Alleluia!
May we sprinkle joy along life's paths
as we embody the light and love of Easter.*

JAYNE HELMLINGER, CSJ

For Pondering

- How are you bearing witness to the Risen Christ in your life?
 - What do the words “Live as people of the resurrection” mean for you?
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For Prayer

We pray in gratitude and joy as the Season of Easter begins. May our lives speak to the joy of the fullness of what it means to be “Easter people.” Let our presence be one of light and welcome, as we bear witness to God’s love outpoured in the death and resurrection of Jesus.

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