

April 10, 2023



Center for Spiritual Development

Daily Reflections

JOURNEYING THROUGH EASTER

Photo by Tomas Williams from Pexels

WONDER AND AWE OF EASTER

By Sister Jayne Helmlinger, CSJ

Excerpts from Today's Reading

You have made known to me the paths of life; you will fill me with joy in your presence.

ACTS 2:28

Mary Magdalene and the other Mary went away quickly from the tomb, fearful yet overjoyed, and ran to announce the news to his disciples. And behold, Jesus met them on their way and greeted them. They approached, embraced his feet, and did him homage.

MATTHEW 28:8-9

Reflection

These lines from the Acts of the Apostles, and the Gospel of Matthew, are brimming with excitement, wonder and joy. The triumph of Easter springs from these pages of scripture and captures our hearts anew.

In my mind's eye, seeing Mary Magdalene and the "other Mary" run from the empty tomb, allowing the joy to overcome fear, increases my own heartbeat! How easy it is to see the two Marys embracing Jesus' feet as he greeted them. This is an invitation for each of us to capture the spirit of Easter and allow this unbridled joy to blossom within each of us. What an intimate and spontaneous response by these two faithful women as they realize it is Jesus who is greeting them. It challenges each of us to embrace similar moments in our own lives where Jesus' divinity touches our own humanity in everyday life. I wonder, how many times have you and I missed "going to the tomb" and—having hurried by the presence of the sacred—have not recognized God's in-breaking presence in our lives?





Photo by Sr. Jayne Helmlinger , CSJ

Wonder and Awe

*Let us run like Mary Magdalene
with joy in each step,
hearts filled with wonder and awe
rejoicing in the moment where
humanity and divinity touch.*

*May we humble ourselves
in reverent quietude,
remembering the great sacrifice
upon whose life, death, and
resurrection we thrive.*

*Run, let us run,
with unbounded joy,
being spontaneous in our
response of knowing
we are people of Easter!*

For Pondering

- Have you created space within yourself to experience the joy of Easter?
 - Reflect for a moment on your own life. Perhaps you can recall a time or situation where you were filled with joy in God's presence (passage from Acts). Allow yourself to re-experience this moment and see where the Spirit leads you.
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For Prayer

May our hearts be filled with the glory and joy of Easter. May we express this joy through gracious presence and service with others. And may our hearts remain open and receptive to finding God in everyday life and in unexpected places. Amen.

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