

# The door unlocked

Sr Thérèse Garman *reflects on* John 20:19-end

One week after Easter, has our life changed? Are we living in the freedom and joy of the resurrection, or have we kept our doors firmly locked? The locked places are those inside us rather than around us. For every person, circumstance or idea we lock out, we actually lock ourselves in. What keeps you locked in? Is it fear, sadness, loss, possibly resentment or anger? Jesus has a habit of entering these locked places of our lives. He steps into our closed spaces unexpectedly, unbidden and sometimes even unwelcome. Present among us, he offers peace and breathes new life into us. He doesn't open the doors for us, but he gives us everything we need to enable us to open our doors ourselves to new life, a new way of being. If sadness has caused us to close our doors, Jesus is there in the midst of that pain: "Peace be with you," he says, and his breath, his Spirit, supports us through it all. Whatever the circumstances, Jesus turns up bringing peace.

Life and peace are characteristics of the resurrection. They don't necessarily change the circumstances, but they enable us to face and live through those circumstances. So Jesus gives us his peace, his Spirit, and then sends us out. We have the freedom to unlock the doors of our inner world and walk into the fullness of his life.

Sr Thérèse is a lecturer and consultant specialising in the integration of psychology and spirituality. 🌈

**Breathe your peace on us, Lord. Show us how to unlock the doors and walk into lives that are full and free. Amen.**



## Keeping Easter alive

by Katharine Smith

Katharine Smith reflects on how we can keep the spirit of resurrection alive after Easter Day.

*"The sun is out, the sky is blue. / There's not a cloud to spoil the view, / But it's raining, raining in my heart." (Buddy Holly, 1956)*

How much does the weather affect our mood or our state of mind? I wonder if Holy Week and Easter this year brought us messages from the weather. Sometimes the sky can be grey with rain pouring down relentlessly. Yet somehow,

within us "The sun is out and the sky is blue" – for Christ is risen! Or maybe, our heart is broken and no amount of bright sunshine or vivid yellow daffodils in flower will cheer us up. Maybe the cruelty and injustice of Good Friday affected us very deeply and painfully. Or perhaps the glory of the risen Lord Jesus lifted our spirits and we're still smiling!

Can we catch the sunshine within us and find comfort through the love of the Living God? 🌈

## Finding God on the smallholding

by Jeni Parsons

It's noisy here, with ewes and lambs constantly calling to one another. Our sheep are silent for most of the year until lambing when after quiet pre-birth conversations suddenly the ewes are bellowing instructions to their offspring who are ignoring them and running in shoals up and down the fields. We have twelve lambs this year and the daytime noise is loud. Contrast that to night-time when, unless something is really

wrong, it's silent. Our sheep are a primitive breed, good at surviving and working together to keep safe. Isolated sheep and lambs are at risk from foxes and other predators, but the flock is safer.

That model of community is precious in a world of division and isolation. The vision held in scripture of the community, called by God to care for its "little ones" and the weakest, is something I see in my sheep and it fuels my prayers for the world. 🌈

“Easter spells out beauty, the rare beauty of new life.”

S. D. Gordon (1859-1936), author and evangelical lay minister