

Eastertide 2011

3. Easter in your Heart

Christ Rises in your heart when:

You wake in the morning with new hope;

You go to bed with a forgiving heart;

You truly grieve at another's loss;

Your heart rejoices at another's joy;

You keep your temper with a trying friend;

You refuse to nurse a niggling hurt;

You try again to beat your fears;

You face the routine of another day;

You try again to say , 'I'm sorry';

Your broken heart begins to mend;

You notice beauty you missed before;

You weep at the greed that causes war;

You delight when love comes round again;

You put together the broken pieces

And make with God a work of art;

You dare to love despite the grief;

You discover, within your winter,

A summer-time that never ends;

You hold the earth and all people

As you hold the hearts of those you love;

You trust in dawn at the darkest hour;

You accept your weakness and it makes you strong;

When you try to live in the present moment:

You know your freedom is truly won

And you dance on your grave like the Easter Son.

St Benedict's Bulletin Easter 1999