

## Daniel's reflection for week beginning Sunday, 8th April 2018

### 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 transform 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.  
When you know your freedom is truly won,  
And you dance on your grave like the Easter Son.

Daniel O'Leary, St. Benedict's bulletin 1999