

'Every Breath is a Resurrection'

Reflection for Week of April 13, 2020

We enter this Easter season aware of the many throughout the world who are struggling for breath. May our prayer be an act of solidarity with them as together we celebrate the smallest signs of resurrection within and around us.

Suggested Music: "[Here in This Place](#)" – David Haas [Click here](#)



It's not magic; it isn't a trick.
Every breath is a resurrection.
And when we hear the poem
Which is the world, when our eyes
Gaze at the beloved's body,
We're reborn in all the sacred parts
Of our own bodies:
the heart
Contracts, the brain
Releases its shower
Of sparks,
and the tear
Embarks on its pilgrimage
Down the cheek to meet
The smiling mouth.

-- Gregory Orr
from *Concerning the Book that is the
Body of the Beloved*

And it happened that,
while he was with them at
table,
he took bread, said the blessing,
broke it, and gave it to them.
With that their eyes were opened
and they recognized him,
but he vanished from their sight.
Then they said to each other,
"Were not our hearts burning within us
while he spoke to us on the way
and opened the Scriptures to us?"

-- Luke 24: 30-32

For Your Reflection:

Our call as women religious in these times includes working to see the deeper invitation that the pandemic is providing. How might we be conscious of the transformation occurring within ourselves, our communities, the nation, and the global community as we live through this time? Reflecting and perhaps journaling with the following questions and, if possible, engaging in contemplative dialogue on them may be one of the most important contributions we can make as women religious in this challenging time.

In these tentative times, where are you sensing rebirth in yourself/in your community? To what is that rebirth inviting you/us?

As we begin the Easter season, how might you stay more aware to the sacred in your midst?



Concluding Prayer

May our journey into the Easter season help us remember that we are surrounded by the presence of Love. May we live in that awareness recognizing that every breath is indeed a resurrection. Amen.