

SAVING BEAUTY

an Easter Exploration



Quiet Day

Resources 1

Sacred texts for meditation & reflection

Mark 16: 1-8 (NRSV)

When the sabbath was over, Mary Magdalene, and Mary the mother of James, and Salome bought spices, so that they might go and anoint him. And very early on the first day of the week, when the sun had risen, they went to the tomb. They had been saying to one another, "Who will roll away the stone for us from the entrance to the tomb?" When they looked up, they saw that the stone, which was very large, had already been rolled back.

As they entered the tomb, they saw a young man, dressed in a white robe, sitting on the right side; and they were alarmed. But he said to them, "Do not be alarmed; you are looking for Jesus of Nazareth, who was crucified. He has been raised; he is not here. Look, there is the place they laid him. But go, tell his disciples and Peter that he is going ahead of you to Galilee; there you will see him, just as he told you." So they went out and fled from the tomb, for terror and amazement had seized them; and they said nothing to anyone, for they were afraid.

THE SHORTER ENDING OF MARK

[And all that had been commanded them they told briefly to those around Peter. And afterward Jesus himself sent out through them, from east to west, the sacred and imperishable proclamation of eternal salvation.]

"Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? Therefore we have been buried with him by baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, so we too might walk in newness of life."

Paul, in Romans 6. 3 – 4 (NRSV)

"For it is the God who said, 'Let light shine out of darkness,' who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ."

Paul, in 2 Cor. 4. 6 (NRSV)

"If Christ did not rise for us, then he did not rise at all, since he had no need of it just for himself. In him, the world arose; in him heaven arose; in him, the earth arose. For there will be a new heaven and a new earth."

St. Ambrose (379 CE)

"Your path in life is not to seek for love, but to seek and find all the barriers in your life that we have built against love."

Rumi (13th century)

Suggestions for your quiet time

Praying with Scripture

“Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? Therefore we have been buried with him by baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, so we too might walk in newness of life.”

Paul, in Romans 6. 3 – 4 (NRSV)

Spend time reflecting quietly on Paul's invitation that we understand our baptism as a call to live into God's resurrecting power within your life.

Poetry as prayer...

Reflect on the poet Gerard Manley Hopkins' stirring invitation--changing the plural to singular pronoun, as here:

"Let [Christ] easter in [me], be a dayspring to the dimness of [me], be a crimson-cresseted east" within me.

Miracles...

What are the “miracles” that are part of your life? Spend time meditating upon them, listing them quietly and devoting your heart's full attention to be grateful for them. What is the “radiance” that such gifts offer in your life? How is your gratitude for these gifts an opening for you to “walk in newness of life,” as the apostle Paul promises? Spend time journaling about how you might enter this “walk” in particular ways.

Poetry as prayer...

Reflect on the lines from Wallace Stevens' poem:

**“After the final no there comes a yes,
And on that yes the future world
depends.”**

Take time to reflect upon what might seem to be a “no” in your life—perhaps the end of something you had presumed would last (a relationship, job, career, etc.). Spend time in quiet prayer, asking for mercy and compassion in the midst of this “no” in your life. Trust opening your heart to a “yes” you cannot manage or even yet know. Try a simple meditation that follows your breathing; on your inbreath, meditate as you softly speak the single word “Yes,” and, on the outbreath, quietly repeat the word “now.” Slow down your breathing, opening yourself as you do so to breathing more deeply, in and out.

“Yes/now.”...“Yes.../...now.”

“Yes...../.....now.”

“Yes...../.....now.”

Imagine what it would mean for you, not to cling to what it means to have “fallen from love, as the poet Kei Miller put it, but to be “always resurrected into [love]”? Spend time meditating on what it might mean for you to open yourself to such resurrection in your life—as an opening into God's desire for you to rise in hope. As you consider what this prayer might mean in your life, hold to the word “YES” as the sign God offers you as encouragement and hope that resurrection is God's promise for you.

Art & Music for reflection



https://commons.wikimedia.org/wiki/File:The_Resurrection_MET_75K_30R4.jpg
Perugino, "Resurrection"



<https://www.focolare.org/espana/es/news/2020/04/12/hacer-de-la-resurreccion-la-experiencia-de-un-pueblo/>
Záborský, "Resurrection"



<https://artandtheology.org/tag/arne-haugen-sorensen/>
Sorensen, "Resurrection"



<http://www.dougurnellart.com/>
Purnell, "Resurrection"

Music from the Taize community (France)

Instrumental: <https://www.youtube.com/watch?v=Er-dn35N41U> or
<https://www.youtube.com/watch?v=3fVF49dOXtw> (73 minutes)

Taize, "O Lord, Hear My Prayer" (sung recording, in Taize; 62 minutes):
<https://www.youtube.com/watch?v=RuPcxLjVxtg>