

Resources and suggestions for your personal quiet time after the first address.

1. Read and reflect on the first three resurrection stories in John 20:1-23.

Bible translation: *New Revised Standard Version (NRSV)*

Station of Light 1: John 20: 1-10

Early on the first day of the week, while it was still dark, Mary Magdalene came to the tomb and saw that the stone had been removed from the tomb. So she ran and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, “They have taken the Lord out of the tomb, and we do not know where they have laid him.” Then Peter and the other disciple set out and went toward the tomb. The two were running together, but the other disciple outran Peter and reached the tomb first. He bent down to look in and saw the linen wrappings lying there, but he did not go in. Then Simon Peter came, following him, and went into the tomb. He saw the linen wrappings lying there, and the cloth that had been on Jesus’ head, not lying with the linen wrappings but rolled up in a place by itself. Then the other disciple, who reached the tomb first, also went in, and he saw and believed; for as yet they did not understand the scripture, that he must rise from the dead. Then the disciples returned to their homes.

Station of Light 2: John 20: 11-18

But Mary stood weeping outside the tomb. As she wept, she bent over to look into the tomb; and she saw two angels in white, sitting where the body of Jesus had been lying, one at the head and the other at the feet. They said to her, “Woman, why are you weeping?” She said to them, “They have taken away my Lord, and I do not know where they have laid him.” When she had said this, she turned around and saw Jesus standing there, but she did not know that it was Jesus. Jesus said to her, “Woman, why are you weeping? Whom are you looking for?” Supposing him to be the gardener, she said to him, “Sir, if you have carried him away, tell me where you have laid him, and I will take him away.” Jesus said to her, “Mary!” She turned and said to him in Hebrew, “Rabbouni!” (which means Teacher). Jesus said to her, “Do not hold on to me, because I have not yet ascended to the Father. But go to my brothers and say to them, ‘I am ascending to my Father and your Father, to my God and your God.’” Mary Magdalene went and announced to the disciples, “I have seen the Lord”; and she told them that he had said these things to her.

Station of Light 3: John 20: 19-23

When it was evening on that day, the first day of the week, and the doors of the house where the disciples had met were locked for fear of the Jews, Jesus came and stood among them and said, “Peace be with you.” After he said this, he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord. Jesus said to them again, “Peace be with you. As the Father has sent me, so I send you.” When he had said this, he breathed on them and said to them, “Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained.”

2. Read and reflect on this encounter between Teresa of Avila and the risen Christ.

Try to focus not so much on the type of vision, but rather on her own reflections on that experience and on what she learnt from it.

Book of Life: CHAPTER XXVIII (1-3, 6)

Treats of the great favours which the Lord bestowed upon her, and of His first appearance to her. Describes the nature of an imaginary vision. Enumerates the important effects and signs which this produces when it proceeds from God. This chapter is very profitable and should be carefully noted.

One day, when I was at prayer, the Lord was pleased to reveal to me nothing but His hands, the beauty of which was so great as to be indescribable. This made me very fearful, as does every new experience that I have when the Lord is beginning to grant me some supernatural favour. A few days later I also saw that Divine face, which seemed to leave me completely absorbed. I could not understand why the Lord revealed Himself gradually like this since He was later to grant me the favour of seeing Him wholly, until at length I realized that His Majesty was leading me according to my natural weakness. May He be blessed for ever, for so much glory all at once would have been more than so base and wicked a person could bear: knowing this, the compassionate Lord prepared me for it by degrees.

Your Reverence may suppose that it would have needed no great effort to behold those hands and that beautiful face. But there is such beauty about glorified bodies that the glory which illumines them throws all who look upon such supernatural loveliness into confusion. I was so much afraid, then, that I was plunged into turmoil and confusion, though later I began to feel such certainty and security that my fear was soon lost.

One year [1559], on Saint Paul's Day, when I was at Mass, I saw a complete representation of this most sacred Humanity, just as in a picture of His resurrection body, in very great beauty and majesty; this I described in detail to Your Reverence in writing, at your very insistent request. It distressed me terribly to have to do so, for it is impossible to write such a description without a disruption of one's very being, but I did the best I could and so there is no reason for me to repeat the attempt here. I will only say that, if there were nothing else in Heaven to delight the eyes but the extreme beauty of the glorified bodies there, that alone would be the greatest bliss. A most especial bliss, then, will it be to us when we see the Humanity of Jesus Christ; for, if it is so even on earth, where His Majesty reveals Himself according to what our wretchedness can bear, what will it be where the fruition of that joy is complete? Although this vision is imaginary, I never saw it, or any other vision, with the eyes of the body, but only with the eyes of the soul.

[...]I should like now to say something of the way in which the Lord reveals Himself through these visions. I do not mean that I shall describe how it is that He can introduce this strong light into the inward sense and give the understanding an image so clear that it seems like reality. That is a matter for learned men to explain. The Lord has not been pleased to grant me to understand how it is; and I am so ignorant, and my understanding is so dull that, although many attempts have been made to explain it to me, I have not yet succeeded in understanding how it can happen. There is no doubt about this: I have not a keen understanding, although Your Reverence may think I have; again and again I have proved that my mind has to be spoon-fed, as they say, if it is to retain anything. Occasionally my confessor used to be astounded at the depths of my ignorance, and it never became clear to me how God did this and how it was possible that He should; nor, in fact, did I want to know, so I never asked anyone about it, though, as I have said, I have for many years been in touch with men of sound learning.

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3. You may wish to listen to one or more of the following Easter music suggestions:

Nikolay Rimsky-Korsakov, "Russian Easter Festival Overture":

<https://www.youtube.com/watch?v=rXR0tloMmoo>

John Rutter, "I am the resurrection and the light":

<https://www.youtube.com/watch?v=sLu79iCL-0g>

"Christ the Lord Is Risen Today" & "Thine Be the Glory", recorded at Duke Chapel, on Easter Day 2012:

<https://www.youtube.com/watch?v=js8h3NC3b3Q>

Finally, if you have a favourite piece of Easter music, feel free to share it with others in the Live Chat section of the website. Do not forget to add the link (YouTube or other), so we can hear it.

