

Living Holy week



in the Heart



“If only today
you knew the ways of peace!”
Lk 19:42









“ It was as if his whole life
was a unique symphony to love.”

David Torkington on St Francis

God's gift of wisdom,
the Holy Spirit,
enables us to see things
with God's eyes.

Lent is a season all about
working through
the chaos to discover what
is essential.

What needs to be added to
my life?

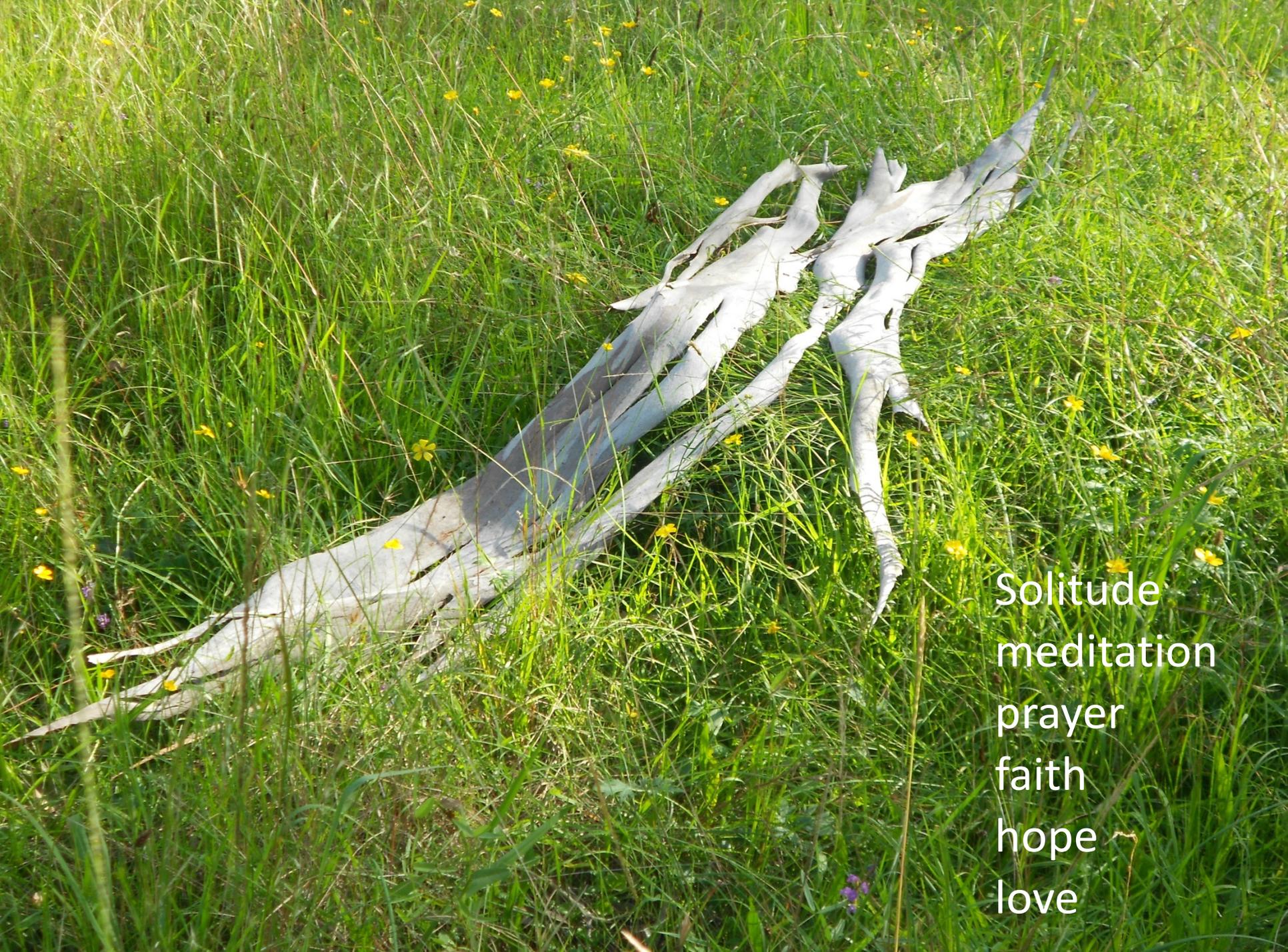
What can I do without?

Bishop David Walker



What is it,
deep in my heart
my true essence,
that is crying out
for the life
of Christ
this Easter?





Solitude
meditation
prayer
faith
hope
love

A large, weathered tree trunk stands in the center of a lush, green grassy field. In the foreground, a fallen log lies horizontally across the grass. The background is filled with many other trees, creating a dense forest. The lighting is bright, suggesting a sunny day.

*Heart matters
are
all of life
matters*

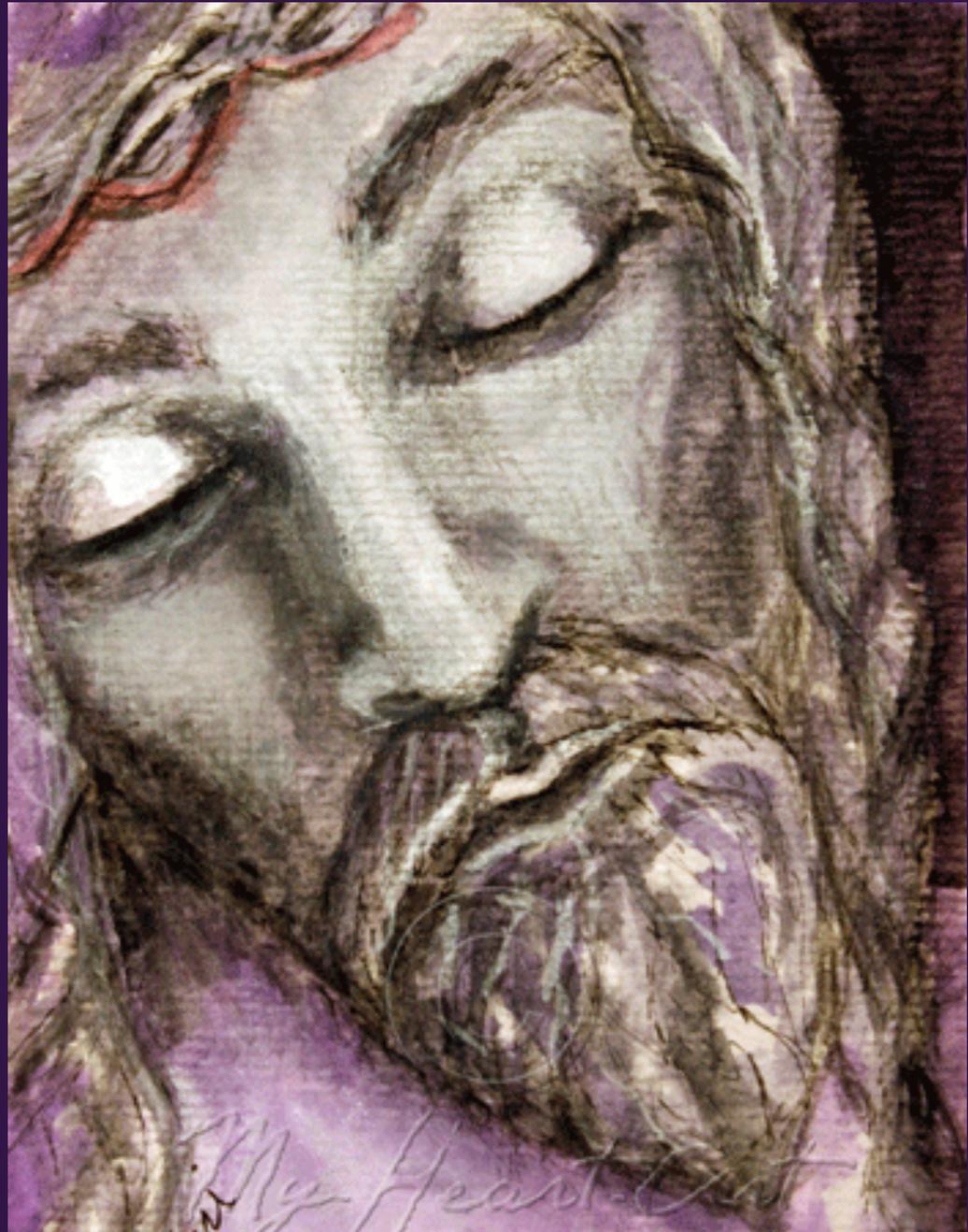
As the **Way**,
Jesus invites us to follow his example
step by step into the bosom of the
Father.

As the **Truth**,
he shares with us, through
participation in his death on the
cross, the experience of the
transpersonal aspect of the Father.

As the **life**,
he leads us to unity with the
Godhead beyond personal and
impersonal relationships.

On the Christian path, God is known
first as the personal God, then as the
transpersonal God and finally as the
Ultimate Reality beyond all personal
and impersonal categories.

Thomas Keating The Mystery of Christ





Follow the way of love,
the example of Christ
who loved you.

He gave himself up for
us and became the
offering and sacrificial
victim whose fragrance
rises to God. Eph 5:2

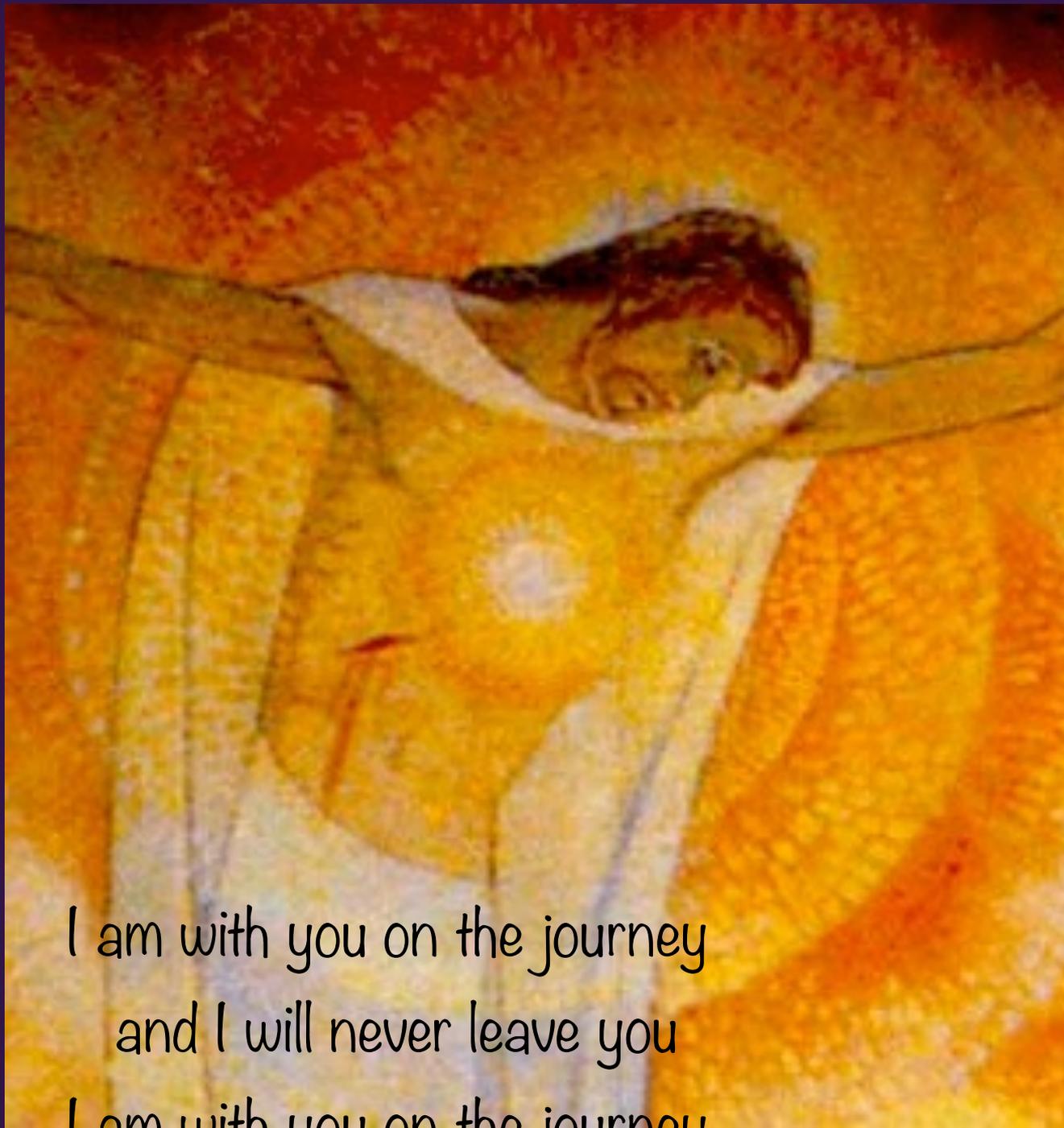
Be of the same mind, having the same love... Phil 2:1-5











I am with you on the journey
and I will never leave you
I am with you on the journey

The Bright Field

I have seen the sun break through
to illuminate a small field
for a while, and gone my way
and forgotten it. But that was the pearl
of great price, the one field that had
treasure in it. I realize now
that I must give all that I have
to possess it. Life is not hurrying
on to a receding future, nor hankering after
an imagined past. It is the turning
aside like Moses to the miracle
of the lit bush, to a brightness
that seemed as transitory as your youth
once, but is the eternity that awaits you.

~ R. S. Thomas ~

The Trees

The trees are coming into leaf
Like something almost being said;
The recent buds relax and spread,
Their greenness is a kind of grief.

Is it that they are born again
And we grow old? No, they die too,
Their yearly trick of looking new
Is written down in rings of grain.

Yet still the unresting castles thresh
In full grown thickness every May.
Last year is dead, they seem to say,
Begin afresh, afresh, afresh.

Philip Larkin :

and that will be heaven
at last the first unclouded
seeing
to stand like the sunflower
turned full face to the sun drenched
with light in the centre
held while the circling planets
hum with utter joy
seeing and knowing
at last in every particle
seen and known and not turning
away
never turning away
again

Evangeline Paterson

O, King of the Tree of Life,
The blossoms on the branches are your people,
The singing birds are your angels,
The whispering breeze is your Spirit.
O, King of the Tree of Life,
May the blossoms bring forth the sweetest fruit,
May the birds sing out the highest praise,
May your Spirit cover all with his gentle breath.
Carmina Gadelica

























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