

## Some Food For The Soul – April 2020

*Below are some prayers, music and reflections for this unusual Easter Season. You can play the music on YouTube or simply think on the words. They are offered as a gift so press the pause button and take time with them*

### **Reading**                    **John 20:19-21**

In the evening of that same day, the first day of the week, the doors were closed in the room where the disciples were, for fear of the Jews. Jesus came and stood among them. 'Peace be with you,' and he showed them his hands and his side. The disciples were filled with joy when they saw the Lord, and he said to them again. 'Peace be with you.'

*Pause*

### **Song**                            **Calm Me, Lord (Margaret Rizza)**

Calm me, Lord, as you calmed the storm.  
Still me, Lord, keep me from harm.  
Let all the tumult within me cease.  
Enfold me, Lord, in your peace.

### **Prayer**                        **Let us pray,**

Generous and gracious God,  
You bless us with love and mercy,  
You refresh us with Easter joy,  
You renew us with the power of your Spirit.  
Fill our hearts with hope as we face the crosses that come with this pandemic,  
Support those whose professionalism and compassion are making a difference to vulnerable lives,  
Keep us strong and calm in the face of this passing storm,  
Through Christ, our Lord. Amen.

*Pause*

### **Reflection**                    **(Iain Matthews OCD)**

John's (*John of the Cross*) Toledo imprisonment and escape gave to the symbol 'night' its full weight. . . . That is the resonance of the symbol for John. Night signifies that which comes upon us and takes us out of our own control; it announces that as the place of resurrection. A God who heals in darkness—this is John's word of hope in a destabilised world.

## Song

### Christe Lux Mundi (Taizé)

Christe, lux mundi, qui sequitur te,  
habebit lumen vitae, lumen vitae  
*(Christ, the light of the world, those who follow you,  
will have the light of life)*

## Reflection

### Did you notice?

Did you see the precious dandelions or the stand off with the cats  
Did you hear the trilling songbirds or the raspy magpies chat?  
Did you smell the new mown grass or the dung on the field  
Did you taste the fresh baked soda or the well-intentioned flop  
Did you touch the hand of God or bite the fingers off?  
Did you? ... Could you?... Will you?...

## Pause

## Song

### Healer of my Soul (John Michael Talbot)

Healer of my soul  
Keep me at even  
Keep me at morning  
Keep me at noon  
Healer of my soul

Keeper of my soul  
On rough course faring  
Help and safeguard my means this night  
Keeper of my soul

## Reflection (Kitty O'Meara)

And the people stayed home.  
And they read books, and listened, and rested, and exercised, and made art, and  
played games, and learned new ways of being, and were still.  
And they listened more deeply. Some meditated, some prayed, some danced.  
Some met their shadows. And the people began to think differently.  
And the people healed.  
And, in the absence of people living in ignorant, dangerous, mindless, and heartless  
ways, the earth began to heal.  
And when the danger passed, and the people joined together again,  
they grieved their losses, and made new choices, and dreamed new images,  
and created new ways to live and heal the earth fully, as they had been healed.

*Press the pause button again*