



Reflection from Fr. Garry

We celebrate New Life at Easter, as we remember Jesus rising from the dead. The season of Spring helps us imagine that new life has returned. But in actuality, life is an ongoing, ever-present thing, and isn't really new, and doesn't need to "return." We call it "new life" because from our limited human vantage point, we see things change. One thing we call "death" (like when trees lose their leaves), and one thing we call "life" (like when trees sprout new leaves). But life is always present, just like trees are alive during winter as well as during summer.

Easter isn't about recognizing that something is different. It is about reminding ourselves of what is always the same -- that divine life/love always remains and is always at work, regardless of what it may look like to us. That is why we can look at Jesus' death, or our own death, and know that life continues unabated. That is the core of our faith, the Paschal Mystery.

One way to hold onto the sense of the constancy of life is to focus on your breath, or your heart beat. Breathing and the heart beating are part and parcel of life, which continues whether we notice them or not. Noticing those processes can help remind us of how divine life is always at work in us.

So let us celebrate the "new" life this Easter and Spring, but always remember that life/love is what always is.

~ Peace,

Fr. Garry