

Matt. 28: 1-10

**After the Sabbath, as the first day of the week was dawning,  
Mary of Magdala came with Mary to inspect the tomb.  
Suddenly, there was a severe earthquake, and an angel of God  
descended from heaven, rolled back the stone, and sat on it.  
The angel's appearance was like lightning, with garments white as snow.**

**The guards shook with fear and fell down as though they were dead.**

**Then the angel spoke, addressing the women: "Don't be afraid.  
I know you are looking for Jesus the crucified, who is no longer here.  
Jesus has been raised, exactly as it was foretold.  
Come and see the burial place. Then go quickly and tell the disciples  
that Jesus has risen from the dead and now goes ahead of you to Galilee. You will see Jesus  
there. That is the message I have for you."**

**The women hurried away from the tomb with awe and great joy  
and ran to carry the good news to the disciples.**

**Suddenly Jesus stood before them and said, "Shalom!"  
The women came up, embraced Jesus' feet and worshiped.  
At this Jesus said to them "Don't be afraid!  
Go tell the disciples to go to Galilee, where they will see me"**

### **Meditation**

**Chris**

**I would like to begin this morning with a minute or two of silence....  
a minute or two of paying attention right here...right now....  
If you are distracted by a car on the highway or an airplane overhead...  
that's ok....just please try to bring your attention back to this place and space**

**Ok....Ready...here we go...**

**\*\*\*\*BELL\*\*\*\***

**\*\*\*\*BELL\*\*\*\***

**Did you notice the sounds of the woods beginning to awaken...**

**Did you will feel the breeze on your cheek...**

**or did you notice some fragrance swirling around you....**

**or did you find your attention drawn to the rays of sunlight...**

**or the leaves quivering in the breeze...**

**the birds flitting from one branch to the next...**

**Perhaps what was most noticeable to you was the breathing of the person next to you...**

**or his after shave or her cologne...**

**Was your mind was filled with thoughts of the cooking yet to be done**

**or the people whom you are missing this day....**

**Everything that caught your attention this morning is a part of life...**

**Everything that caught your attention this morning**

**it is imbued with the Presence of God**

**Everything that caught your attention this morning**

**was brought to life with the breath of the Living God....**

**We live in a universe, on a planet that is imbued with Holy Mystery....**

**We swim in a world full of grace...**

**But most of the time we are so unaware**

**of this Holiness in which we live and move and have our being....**

**that we get stuck in our petty differences and**

**our small self centered agendas...**

**The one of the biggest differences between Jesus and the rest of us  
is that he not only intimately know the Holy Mystery in which he lived...  
but he TRUSTED it...**

**He let it shape his life..**

**Jesus lived in the Truth of the Mystery of God in a way that most of us,  
quite frankly, are afraid of....**

**His entire life was formed in the awareness  
that the absolutely unconditionally Loving Presence of God...  
is everywhere in all places at all times in all people...**

**It is the very air we breathed,  
it is the very life force of the Universe...**

**And this life force is never lost,  
this Grace...**

**This Presence  
never ends,  
it never dies.**

**the Presence of God...**

**The Life Force of the Cosmos...**

**is a Power, a Grace, a Holy Mystery beyond our rational comprehension  
but it is one which permeates all of Creation...**

**Every month here at The Center we have a Family Service ...  
and the kids with their parents sing a song  
which is simple yet holds this profound truth:**

**The first verse goes like this:**

**“God is everywhere....  
Look around and God is there...  
in the flowers and the trees...  
in the heart of you and me...  
Look around God is everywhere...”**

**Jesus knew and trusted this Truth  
and so he was able to heal on the streets of Israel  
Jesus knew and trusted this Truth  
and that is why he could assure the people of God’s forgiveness  
outside the Temple walls....  
and In this Holy Mystery,  
in the Presence of God...  
there is no final death  
there is only love and forgiveness...  
there is only change and transformation...  
In this life...in these bodies  
we already live and move in God in  
but most often with limited ways with limited vision...**

**We gather this morning to remember and celebrate not only  
His Resurrection but ours as well...  
Whatever happened that morning..  
Whatever his followers and friends  
saw and heard that day,  
awakened them to proclaim that Life does not end in death...  
that he still lived...  
and eventually they would come to understand His truth  
to be ours as well....**

**How this will happen, we don't know...**

**But that is why Faith isn't a set of doctrines and dogmas...**

**Faith is another word for Trust.**

**But of course we don't have to wait until our physical death...**

**to experience our rising...**

**Throughout our entire life we are invited to willingly die**

**to old, fearful, judgmental ways of thinking, believing and living...**

**and to rise into the truly Loving nature of our God...**

**We are asked to die to the thought of scarcity and rise into the reality of abundance...**

**We are asked to die to the thought of unworthiness and**

**rise into the reality of blessedness...**

**We are asked to die to the thought of being unlovable**

**and rise into the absolutely transformative reality of being loved**

**so much more than we can imagine...**

**no matter who or what we think we are...**

**or who or what we are not.**

**This is the Beauty and the Power of Easter!**

**When we are willing to recognize and accept these truths for ourselves...**

**any fear we might feel will lose its power over us and will begin to fade away....**

**When we are willing to recognize and accept these truths for ourselves...**

**then the Beauty and the Power of Easter has the opportunity to multiply and grow and the**

**Reign of Heaven on Earth becomes visible and viable...**

**When we are willing to recognize and accept these truths for ourselves...  
we find ourselves experiencing deep gratitude  
and the peace that the world can not give...**

**When we are willing to recognize and accept these truths for ourselves...  
we will find ourselves swept up in wonder and awe ....  
just like the women in our Gospel Reading this morning...**

**On this beautiful Easter morning we are invited to Trust the Holy One of the Universe who  
is always and everywhere Present  
we are invited to die to anything which holds us back from living in deep joy and profound  
gratitude....  
we are invited to let go of any fear we might still notice hanging around...  
We are invited to celebrate his new life  
and our new life...  
...right here...right now....**

**and so now, I would like to pause one more time before we leave...  
I would like to invite you for one more time to be silent and be aware and be open...  
Breathe in deeply...breathe out slowly and completely...  
Breathe in deeply...breathe out slowly and completely...**

**Notice the Power of Grace  
the Beauty of Presence...  
the Mystery of God ...  
that is here...that is now....  
feel it...breathe it.... love it .... trust it....  
live it... amen.**