

## April 27, 2020-Reflections for the Easter Season

In the name of the Father, Son, and Holy Spirit.

Dear God, I acknowledge the Mississauga's of the Credit First Nation for being the ongoing stewards of this traditional territory.

### *A reading from the Gospel of Luke*

(On the road to Emmaus, Jesus speaks to his disciples. They do not know it is him at this point)

*Then Jesus said to them, "Oh, how foolish you are, and how slow of heart to believe all that the Prophets have declared! Was it not necessary that the Christ should suffer these things and then enter into his glory?"*

Warning signs! We can hear and see them, but sometimes we are slow to act on them. Consider, we know that we should not indulge in cookies or chips every day nor consume only carbohydrates. We know that exercise is good for us. Some of us get the message and run with it while others ignore it. When we review our credit card bills and we see debt accumulate, as we only pay the minimum amount, we see that we are overspending. In short, we see warning signs, but we ignore them until we can't hide from the message. Why? Eventually, something or someone exposes the truth. Within the news headlines you see how some countries have been slow to react to COVID-19 and how we have poorly funded and managed long care facilities.

On the Road to Emmaus, Jesus explains to the disciples why he had to suffer and die. He shows them that the signs have always been there. So it is with God in our life. He is always there, showing us his presence. We pretend we don't see it or ignore it.

For example, we learn that praying the Rosary is important, yet we don't do it regularly. I speak from experience. I stopped praying the Rosary when I was in university and ignored it as a form of meaningful prayer after graduating. However, when my parents got sick, I returned to it and learned how the rosary is more than a recitation of words, but a prayer which invites me into the mystery of Christ's life, especially into His suffering. For me, as it is for many Catholics, this prayer is a meaningful meditation and dialogue with God because when we say with an open heart for reflection, the prayer leads to more than thinking of yourself, but engages you into accepting life's joys and suffering. This prayer is a practice that has always been there as a sign of how we immerse ourselves in the faith's mystery and hear how God is calling us.

I pray that as you start this week, for those who have learned how to pray the rosary and have stopped practicing, to pray it again with a deeper understanding and appreciation for it. May you find the comfort and solace I have found when I pray it, especially in times of joy and distress. In these coming days, let us no longer ignore the signs of how God is calling each of us to know Him in prayer so He can guide us through the days ahead. Let us remember the words of Jesus at the Ascension, "I am with you always till the end of days." Amen. In the name of the Father, Son, and Holy Spirit. Amen.

