



The Meditation

The First Sunday After Easter Day

April 8th, A.D. 2018



On the Road to Emmaus - (1877)

Robert Zund (1826 - 1909)

Swiss landscape painter

Faithful Followers

The account of Christ's encounter with the two disciples on the road to Emmaus, later on Easter Day, has a special significance of its own, and deserves comment for our consideration and meditation.

We read, in St. Luke's Gospel, "*And they said one to another, Did not our hearts burn within us, while he talked with us by the way, and while he opened to us the scriptures?*" (St. Luke; Chap. 24, Vs. 32). This was the reaction of the two disciples on the way to Emmaus after they had spoken to the risen Lord. The picture is not quite complete, however, without the details, and so we must remember what Our Lord said to them. Jesus, in speaking with the two, gave them proofs from the Old Testament, that the Cross was necessary as a prelude to the glory of the Messiah and the salvation of the world. The life of Christ has two facets; the one, His labors, Passion and death, and on the other hand, the triumphal glory of His resurrection. One would be incomplete without the other. Naturally, as we think about our Lord's great triumph over death at the moment of His resurrection we are bound to remember that one day, we too shall rise with Him, and that one day we shall celebrate this feast in a very special way, with our bodies united once more to the soul. Do we, however, remind ourselves that if we wish to share in His triumph, we must first of all resemble Him as the Man of Sorrows? We must not remain on one side of the picture so long as to forget that there is the other side as well.

The life of a faithful follower of Jesus Christ will resemble that of their Master, reproducing many features of the life of Christ. Things will happen in our lives which should make us think of His. Inevitably, those who set out to follow our Lord will have much to suffer, just as He did. "*And ye shall be hated of all men for my name's sake: But he that endureth to the end, shall be saved.*" (St. Matthew: Chap 10; Vs. 22)* He has warned us of this repeatedly, and has told us also what He expects of us. He wishes for us to have the same attitude as He had towards life, namely, that it is primarily a struggle to love God and to do His will in and through the daily circumstances in which we find ourselves. This will only be possible if we "*put on Christ*" (Romans; Chap. 13, Vs. 14), setting ourselves to deliberately imitate Him in all things. We must have His outlook on life and its circumstances.

This is not going to be an easy thing in actual practice. Nature revolts against suffering of all kinds, not just the physical pain of illness, but also other types of suffering which come upon us. We don't like to be unjustly treated, misjudged, despised by others, ignored or neglected. We're easily hurt by petty or perceived persecutions, and we become discouraged when we do not seem to make progress (in our eyes), in virtue and faith as quickly as we would like. We find it very hard to be charitable (both in giving and in acting towards our neighbor), or to be patient with the weakness and inconsideration of others, and forgiving our enemies, real or imagined and, but not finally, sublimating our egos and abandoning ourselves completely to God's will. The list goes on.

On the other hand, we're often quite prepared to accept suffering *provided*, we are able to determine, more or less, what form that suffering is going to take. For this reason, we are liable to find ourselves living in a world of spiritual '*make-believe*'; a world in which we dream of

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doing big things for God once the present hardships or annoyances pass. What happens is that we fail to see the will of God in our *present* circumstances and for that reason our prayers become dry and even difficult. The soul begins to sulk, absorbed by ego, and we refuse to act humbly under the hand of God and worse yet, before Him. We can lose a great many graces in this. St. John Cassian gives us some sound advice: “*The objective of our life is the kingdom of God, but we should carefully ask what we should aim for. If we do not look very carefully into this we will wear ourselves out in useless strivings. For those who travel without a marked road there is the toil of the journey – and no arrival at a destination.*” (excerpt from *The Conferences*)

We need a deep spirit of faith which alone will allow us to see God’s will clearly defined for us in those circumstances under which we wish to live. Heroic virtue, for most of us, will consist in doing God’s will in those circumstances, not in trying to escape from them all the time, undertaking other things which we have really only chosen for ourselves. Our sanctification and our salvation lies in doing God’s will. There really is only one way that we can be sure of putting this truth into practice. We must have a firm determination to obtain greater union with Christ in our daily lives, judging situations through *His* eyes. . . and acting accordingly. We must live in Him and He must live in us. As St. Paul puts it: “*Let this mind be in you, which was also in Christ Jesus.*” (*Philippians; Chap.2, Vs. 5*).

We must not make the mistake of thinking that everything that happens to us has been deliberately willed by God. He did not *will* the sufferings of His Own Son as inflicted upon Him by sinful men. Those sufferings were merely *permitted*. What He *did* will however, was that in those circumstances, and in all things, Christ should do the will of God in *loving obedience*. Therefore, doing God’s will does not necessarily imply a passive acceptance of the things that happen to us, on the contrary, there are times when we must fight against injustice, insults and persecution. What it does mean is that all the time we ought to be living in the present, and not in any kind of dream world, and consider the eternity which is before us, while loving and obeying Almighty God here and now. That is the method and the mind of Christ, which must also be ours. Our spiritual progress and our perfection as His followers lies in that.

We may, on this Eastertide, want to make as our one resolution, a firm determination to try and see God’s will in all things, no matter how unpleasant, and obey Him in and through them. If we can do that with sincerity and abandonment, then our efforts, self-denials, and prayers during this past Lent have not been in vain.

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Meditation Notes:

* **Matt; Ch. 16, Vs. 24 & 25:** *“If any man will come after me, let him deny himself, and take up his cross, and follow me. For whosoever will save his life shall lose it: and whosoever will lose his life for my sake shall find it.”*
Romans: Ch. 8, Vs. 17: *“if so be that we suffer with him, that we may be also glorified together.”*

“And it came to pass, as he sat at meat with them, he took bread and blessed it, and brake it and gave it to them. And their eyes were opened.” (St. Luke; Chap. 24, Vss. 30 & 31)



Supper at Emmaus – (1633-39)

Painting by Matthias Stom



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Priory Kalendar

For the week of:

April 8th to April 16th - A.D. 2018

In EASTER TIDE

Sunday, April 8th . . . First Sunday After Easter Day

Monday, April 9th . . . The Annunciation of the Blessed Virgin Mary

Tuesday, April 10th . . . *Feria in Easter; Monthly Requiem Suggested: Mass and Offices*

Wednesday, April 11th . . . Pope St. Leo; *Conf & Doct. - 5th cent Rome.*

Thursday, April 12th *feria in Eastertide*

Friday, April 13th St. Hermenegild; *Myr. - 5th cent. Spain*

Saturday, April 14th St. Justin Martyr; *Myr. & C. 2nd cent. Palestine & Rome*

Sunday, April 15th . . . Easter II - Good Shepherd Sunday



**April 9th
The Annunciation**



**April 11th
St. Leo the Great**



**April 14th
St. Justin Martyr**

KALENDAR KEY:

Abt. = Abbot, Abs. = Abbess, Abp = Archbishop, Anc. = Anchorite, Ancs. = Anchoress,
Ap. = Apostle, Bl. = Blessed, Br. = Brother, Bp. = Bishop, Card. = Cardinal,
C. or Conf. = Confessor, Comm. = Commemoration/Commemorate, Dcn. = Deacon, Doct.
= Doctor of the Church, Ev. = Evangelist, H. = Hermit, LBr. = Lay Brother, LSr. = Lay Sister,
K. = King, Mat. = Matron, M. = Monk, **M.M. = Month's Mind (Requiem for the recently**

departed on the 30th day after death or burial). Myr. = Martyr, N. = Nun, Obl. = Oblate, P. = Priest, Po. = Pope, Pr. = Prior, Prs. = Prioress, R. = Recluse, RM = Requien Mortuorum, (*Mass and Offices for the departed once a month as designated on Kalendar*).
SDcn. = Sub Deacon, Q. = Queen, Ven. = Venerable, Vir.=Virgin, W. = Widow.

FASTING KEY: A = Abstinence, F = Fast, F & A = Fast and Abstinence

RELIGIOUS ORDER ABBREVIATIONS: C.O = Congregation of the Oratory (Oratorians), C.P. = Congregation of the Passion (Passionists), C.S.J. = Congregation of the Society of Jesus (Jesuits), Er. Cam. = Camaldolese Hermits, F.P. O. = Franciscans of the Primitive Observance, O. Car. = Carmelite Order, O. Cart. Carthusian Order, O.C.D. = Order of Discalced Friars (Carmelites), O.F.A. = Augustinian Order, O.F.M = Order of Friars Minor (Franciscans), O.F.M. Cap = Capuchin Order, O.P. = Order of Preachers (Dominicans also called ‘Blackfriars’), O. Praem. = Order of Canons Regular (Norbertines), O.S.B. = Order of St. Benedict (Benedictines), O.Ss. S. = Bridgettines, O.S.U = Ursulines, O.C.O. = Order of the Cistercian Observance (Trappists/Trappistines), O.C.S.O. = Cistercian Order of the Strict Observance (Trappists/ Trappistines). Tert. = Tertiary (Third Order religious).

About the Meditation and About Us

The Meditation is an online apostolate of **Our Lady of Seven Sorrows Priory** in Raymond, Maine, USA. We are an Anglican-Catholic Benedictine contemplative community that follows the Holy Rule of St. Benedict, the 5th century Father of Western Monasticism. We are resident within the Diocese of the Northeast (DNE), of the Anglican Church in America (ACA), a member of the worldwide Traditional Anglican Communion (TAC).

The Meditation is a weekly online offering that is sent out free of charge to anyone who desires to receive it. Subscribers may copy and pass along **The Meditation** to their families and friends, or send us their e-address (*with their permission*) to add to our subscription list so they may receive it directly from us. Each issue is sent out as a BCC (Blank Copy) in respect to subscriber privacy and online security.

To subscribe, contact us at: klamarre@maine.rr.com **To read past issues of the Meditation,** please go to **our website** at: www.ourladyofsorrows.org and you can find them in the section marked “Meditations” on the homepage.

PLEASE NOTE: In respect to our contemplative vocation and the animals in our rescue and rehab center, we do not have guest or bathroom facilities and do not regularly receive visitors.

Fr. Kevin is available to hear confessions and give spiritual direction by appointment only. Please contact via email to make an appointment or to make us aware of your needs, concerns and intentions for our prayerful attention. It is our privilege to pray for you.

7.



Feasts, Fasts, and Other Things

By Br. A, Chip Munk, O.S.B.

Easter 2018



All the birds in the area greeted the day with joyful song...



...while one little critter breathed a sigh of relief!

...guess we've still got some work to do with this little brother.

We're all still just a 'work in progress' ...some more than others!

Thank you, Blessed Lord Jesus for giving us your example to follow.

Feasts, Fasts, and Other Things from: The Chipmunk's Nutshell Library is presented by Br. A. Chip Munk, O.S.B. Br. Chip is our very academic monk of Our Lady of Seven Sorrows Priory in Raymond, Maine, USA.

8.

Animal News

By Sr. Mary-Francis, O.S.B.



There are so many lessons to be learned from animals and nature. They live in the present, never worrying about what will come, good or bad and they do not dwell in the past. They are generally cheerful and curious, even after horrible abuse and living with afflictions of the mind and body. Reily has been with us since he was 6 months old. He will turn 19 soon and is the youngest equine in the barn at this time. He was born blind and is now also mostly deaf and yet, he has always taken time to “smell the roses”, greet our guests, or just meditate in the sun. We, as humans, have much more to consider than most animals however, if we learn to live and truly appreciate each moment as it comes and passes, without worry about what comes next and even less consideration about things past, we are better able, without an overloaded “circuitboard” to truly seize the day for all it has to offer. Spring is here.....*carpe diem!!!*

We gratefully thank those people who support our efforts here with the animals. Prices never go down, so whatever you can share with the animals goes a long way. Please consider being a *regular benefactor*, or by remembering us in your *Estate Planning*. You will be allowing an animal who would otherwise be dead to enjoy a life tailored to their needs where they can flourish as nature intended. God Bless you all!

If you wish to remember us in your estate planning, please contact Sr. Mary Francis here at the Priory.



