

For you at Easter...

Speaking A Prayer to Mary

Joyce Rupp

Mary, Mother of Jesus, you have been there before me.
You have stood at the tomb and said your goodbye.
I, too, am facing an ending in my life.
Like you, I need to turn away and move on, believing that the Holy One
will console me.

You know how grief engulfs the heart and tries to strangle the joy it contains.
You have felt the drain of a great loss and the empty hole that it creates inside.
Teach me how to have confidence when I question what the future holds.
I, too, want to be strengthened by my faith as I let go and move on with my life.

Woman of compassion, Mother of Sorrows,
I draw inspiration from your journey.
I, too, can move through the pain of my present situation.
Your faith and courage lead me to my own.

Your Sorrow Is My Sorrow

Joyce Rupp

The experience of losing a loved one can feel like our greatest emotional enemy. In our grief, it is easy to forget about the Resurrection and the new life that follows closure at the tomb. Our faith in something beyond the finality of the tomb can strengthen us during the time of our loss. It can gather us under the sheltering wings of the Holy One. It can assure us that our loved Ones who have died are at peace. Our faith can give us reasons to have hope, but it will not keep us from the painful process of grieving. What faith does for us is to keep assuring us that we can go on, that we will one day know better times, that we will eventually have some space in our days without perpetual sadness and emptiness.