

# Easter Formation Resources

## The Mirror in the Field: A Guided Meditation *for use in groups or alone*



Imagine that you are walking through a springtime field full of wildflowers. As you climb a rising hill you see and come close to a long mirror. The mirror faces the full sun.

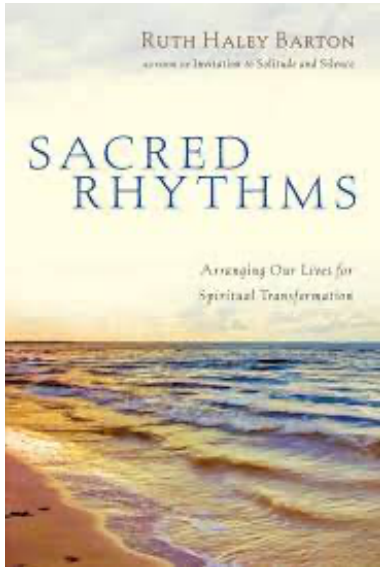
The sun pours its light down onto the mirror. The mirror accepts as much of this light as it can take. The mirror's little and large flaws don't matter; they are insignificant compared to the sunlight flooding the mirror. The mirror reflects all the light it receives.

Turn your face to the sun. Raise your face and turn your hands outward. Receive the sun's light. Take as much as you can take. And return the light to the sun and to those around you. Rest with the sun on your face.

This is like God and us. God is the sun. We are the mirror on which God pours out God's light. Refuse to let your flaws, limitations, and the things that separate you from God dim this loving exchange. Feel yourself on fire with God's love. Return to God and share with others all the light and love you are able to give. Rest in this exchange of God's light and and love.

*Adapted from Choosing Christ in the World: Directing the Spiritual Exercises of St. Ignatius Loyola by Joseph A. Tetlow*

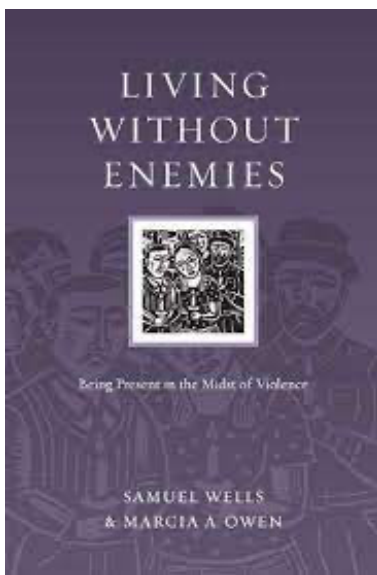
## Two Books for Small Group Discussion



In *Sacred Rhythms: Arranging Our Lives for Spiritual Transformation*, Ruth Haley Barton, a trained spiritual director and retreat leader, invites the reader to try a variety of spiritual practices. She explains how to participate in each practice, and shares stories highlighting how they have deepened her relationship with God and others. A group could read and discuss this book, and try each practice together and apart, reporting back how the practice impacted how each person showed up in their family, neighborhood, workplace, and the places they volunteer.

In the beginning of her book Barton describes a dry spell she is going through due to too much busyness at church.

She is longing for more, but isn't sure what "more" is or looks like. While connecting with a teenager at her daughter's birthday party, "the young man's unguarded response combined disbelief and wonderment so sweetly that I was flooded with awareness and suddenly saw my life in a way I had never seen it before. Something inside me stood at attention and said, This is my life. This is what it's like to be all the way here now rather than always longing for something else. This is my life as it is meant to be lived in God."



*Living Without Enemies: Being Present in the Midst of Violence* by Samuel Wells & Marcia A. Owen tells the powerful story of what a bunch of Christians in Durham, North Carolina did in response to the violence and racial divisions in their community. As the authors note in the Introduction, "this is a book about violence, especially gun violence in one city. But it has applications well beyond that issue and well beyond that city. It is a book about overcoming powerlessness and fear. It is written for any who feel drawn to care about issues that plague our lives and societies, and to care about the people at the center of them, but who are unsure how to engage with such issues and are paralyzed with fear at the prospect of meeting those most

closely involved in them. It's about learning to love the stranger and making first steps in forming relationships across social boundaries. . . . In the end, this book aspires to a renewal of the Christian vision not just of ministry but also of God."