

April 19, 2020
Easter 2
“Touch The Earth”

First Reading ~ *John 20:19-31*

When it was evening on that day, the first day of the week, and the doors of the room where the disciples had met were locked for fear of the Temple authorities, Jesus came and stood among them and said, "Peace be with you." Having said this, he showed them his hands and his side. Then the disciples rejoiced when they saw Jesus, who said to them again, "Peace be with you. As God has sent me, so I send you." After saying this, Jesus breathed on them and said, "Receive the Holy Spirit. If you forgive anyone's sins, they are forgiven; if you retain anyone's sins, they are retained."

It happened that Thomas (nicknamed Didymus, or "Twin"), one of the twelve, was not with them when Jesus came. So the other disciples kept telling him, "We have seen the Christ." Thomas' answer was, "Unless I see the mark of the nails in his hands, and put my finger in the mark of the nails and my hand in his side, I will not believe."

A week later the disciples were again in the room, and Thomas was with them. Despite the locked doors, Jesus came and stood among them, saying, "Peace be with you." Then to Thomas, Jesus said, "Put your finger here and see my hands. Reach out your hand and put it in my side. Do not doubt but believe." Thomas said in response, "My Savior and my God!" Jesus then said, "Have you believed because you have seen me? Blessed are those who have not seen and yet have come to believe."

Now Jesus did many other signs in the presence of the disciples, which are not written in this book. But these are written so that you may come to believe that Jesus is the Messiah, the Holy One of God, and that through believing you may have newness of life.

Second Reading ~ *adapted from Jon Kabat-Zinn in*

"Wherever You Go, There You Are: Mindfulness in Everyday Life"

When we understand that "This is it," it allows us to let go of the past and the future and wake up to what and where we are now, in this moment. When we let go of wanting something else to happen in this moment, we are taking a profound step toward being able to encounter what is here now. If we hope to go anywhere or develop ourselves in any way, we can only step from where we are standing. If we don't really know where we are standing—a knowing that comes directly from the cultivation of mindfulness—we may only go in circles, for all our efforts and expectations. So the best way to get somewhere is to let go of trying to get anywhere at all.