



Opportunities

Retreat for Refugees
in Anglican churches
on Cyprus
23 May 2022

Contact your parish
priest, or Maggie, for
more details.

Living the Easter Story
[Listen](#) to Lusa Nsenga-
Ngoy and Paula Gooder
in conversation, relating
the pain and peace of
Easter.

Thy Kingdom Come
Prayer [resource](#) for the
9 days from Ascension
to Pentecost.

Bread
for the Journey
May edition [here](#).

Meditations
by Sue Riddell
Sue - Spiritual Director
offering her services to
the Diocese - has
recorded meditations
which you can find [here](#).

New additions at the
Katafyio Retreat



Do make a booking and
[come](#) to use our
amazing facilities at
Angel's Hills.

Speaking Easter Peace

Things don't seem to be getting any better do they? No sooner are we released from Covid restrictions, than petrol prices and our supermarket shop gets more expensive, friends continue to get sick and some die, and world news continues to depress. We're now in the season of Easter but who is speaking peace?

Jesus' resurrection greeting is "Peace be with you". I wonder what the disciples thought hearing this very familiar greeting?

The word 'peace' that Jesus speaks is more than a polite wish for a good day. It expresses the desire that the person hearing the greeting will be blessed no matter what is happening for them.

It doesn't shy away from the disturbance but acknowledges the hurt, wounds, confusion, fear and lack of hope in what might be going on.

*"Peace is not
the absence of trouble,
but
the presence of Christ."
(Sheila Walsh)*

A greeting, a presence, and a place, provide a peace which otherwise might be hard to grasp. This is what we aim to provide through retreats and spiritual direction. This is one place where Easter peace is spoken whatever the time of year and whatever the circumstance.

Peace be with you.



Blessing in the Chaos (Jan Richardson)

To all that is chaotic **in you**,
let there come silence.
Let there be a calming
of the clamouring,
a stilling of the voices that
have laid their claim **on you**,
that have made their home
in you,
that go **with you**
even to the holy places
but will **not let you** rest,
will **not let you** hear
your life with wholeness
or feel the grace
that **fashioned you**.
Let what **distracts you**
cease.

Let what **divides you** cease.
Let there come an end
to what diminishes
and demeans,
and let depart all that
keeps you in its cage.

Let there be an opening
into the quiet
that lies beneath the chaos,
where you find
the **peace you**
did not think possible
and see what shimmers
within the storm.

An Exercise

Use the poem to reflect on
your own life:

- What is chaotic in you?
- What voices are clamouring inside you that need to be stilled?
- How would you describe the grace that fashioned you?
- What is distracting and dividing you?
- What might you feel is forming a cage around you?
- Where do you see an opening can be made which will lead you to peace?
- Allow yourself to go through that opening and hear Jesus speak "Peace be with you".
- What now shimmers within your storm?

Speak with God about this.



Dona Nobis Pacem - give us peace.

Sing with this beautiful
[chant](#) and make it a prayer
for yourself, your friends,
your community, your
church, the world. Notice
the harmony!