

## The empty tomb

Emptiness is touching us all. Globally we have seen images of empty streets, shelves, restaurants, clubs and churches. We know many are experiencing empty stomachs, empty hearts and empty homes as they self-isolate.

Our emptiness can turn to loneliness as we navigate each day fully aware of the absence of meaningful connection and physical contact. The feeling of isolation creates an emptiness that affects how we act and react – fear, anxiety, boredom and stress can take over, even with online communication our emptiness overshadows our hopes and our joy.

Our current sense of emptiness enables us to more fully experience the mystery of Easter and to appreciate the empty tomb more intimately.

We, like Mary Magdalen, are living this uncertain time with our heads filled with confusion, sorrow and emptiness and unable to be at peace until we find Christ, or perhaps more accurately, Christ finds us. This is the power of Easter – it is the news of the Resurrection – the Good News we have been waiting for: Christ comes to us in our moments of loss, emptiness and failure with the new life of unconditional love, peace and forgiveness.

Easter is the perfect time to be transformed and to take up our own cross and to live life anew.

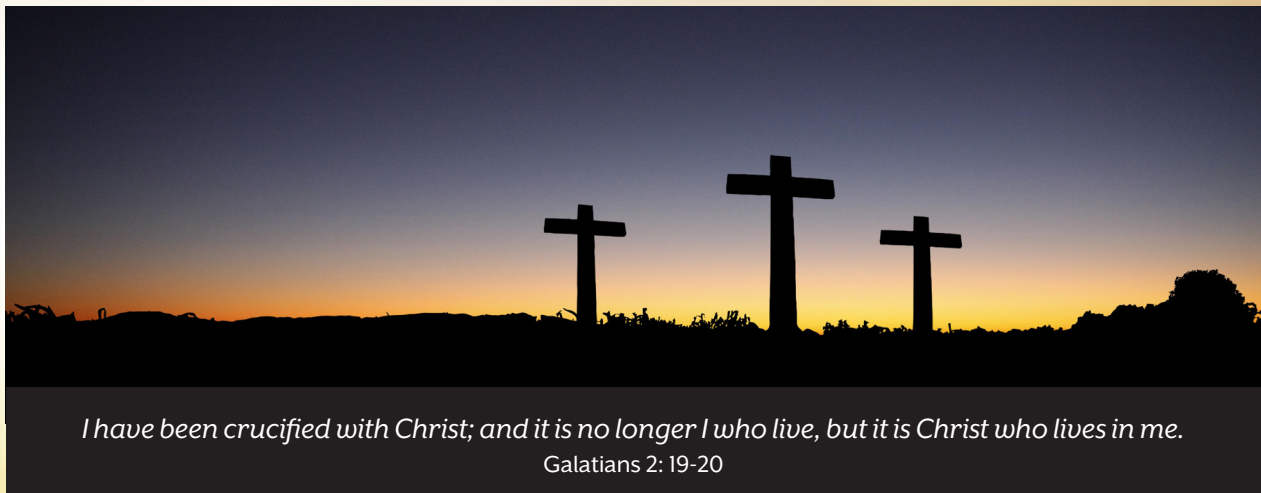
Pope Francis tells us,

*“For life is a gift we receive only when we give ourselves away, and our deepest joy comes from saying yes to love, without ifs and buts. As Jesus did for us.”* (Palm Sunday of the Passion of the Lord Homily, 5 April 2020)

As we unite in the suffering caused by the global pandemic may we also be united with Christ in his suffering and in his Resurrection.

*Most Merciful Redeemer,  
Help us as we embrace  
the crosses of our daily lives.  
Lead us out of the empty tomb  
of loneliness and isolation,  
And fill our emptiness with your love.  
Direct us on the path of human suffering  
So our love can reach out to those in need.  
Strengthen us to say yes to the gift of life -  
a new life that draws us ever closer to you.  
Amen.*

Wishing you all Easter blessings, good health, safety and eternal hope.



### REFLECTION

- > How can we use this time of solitude to grow closer to God?
- > Who in our community needs us to reach out to them during this time of self-isolation, job loss, uncertainty and fear?

### REFERENCES

1. [http://www.vatican.va/content/francesco/en/homilies/2020/documents/papa-francesco\\_20200405\\_omelia-palme.html](http://www.vatican.va/content/francesco/en/homilies/2020/documents/papa-francesco_20200405_omelia-palme.html)