

Christ Church Freemantle Sunday 19th April; Second Sunday of Easter

‘And the doors of the house...were locked’

We are living in strange and troubling times. The pandemic is restricting our movements, changing our normal patterns of life and perhaps making us feel anxious about friends and loved ones. It is easy to allow our minds to get wracked by fear and to feel shut in and imprisoned. Life feels uncertain and confusing and we may feel as if we have no control anymore.

Today’s readings may be able to point to a way ahead for us. Psalm 16 begins with a call ‘Protect me, O God, for in you I take refuge’ and later encourages us to ‘keep the LORD **always** before me’.

Maybe that is what we need to learn, not to feel anxious

about the future (and assume we can even control events) or to rely too heavily on our own strength or understanding. We should aim to live in the present moment in the presence of God, to call upon him and rely on his strength alone.

It feels quite apt that the gospel reading for today from John’s gospel is when the disciples were locked into a house and were afraid. Although they were confined and afraid and unsure, Jesus came, was alongside them in their doubt and confusion and said, ‘Peace be with you’. He is alongside us now, in our isolation, giving us his peace.



‘When I trust deeply that today God is truly with me and holds me safe in a divine embrace, guiding every one of my steps I can let go of my anxious need to know how tomorrow will look, or what will happen next month or next year. I can be fully where I am and pay attention to the many signs of God's love within me and around me.’ Henri Nouwen

To end, as a chorister I **had** to include some music. We’ve sung a number of anthems for the Easter season over the years, but one of the most moving and beautiful is ‘Blessed be the God and Father’ by SS Wesley, especially the first section. Those words are taken from one of today’s readings from the First letter of Peter, so I’ve included a link so you can listen (and those who know it can sing along!)

<https://youtu.be/389leQkiGgk>

I hope you are all well, do email the church email address or call someone if you need anything.

Keep well,

Liz Coe