



Life after Tragedy:

Many of us experience at least one potentially traumatic event over the course of our lives, whether a global pandemic, sudden loss of a loved one, family violence, war, a natural disaster, and/or oppression. The Easter season is a reminder to each of us of the lives we can embrace in the aftermath of these events. Jesus taught and demonstrated love before and after the cross.

May we also choose lives that are full of love in action even after the tragedies and challenges we endure. May we love God and have gratitude for the sacredness of our lives as well as the grace to begin again each day. May we love ourselves and give ourselves space and permission to face the valley of the shadow of death as we walk toward our new season. May we love each other enough to show up with compassion for each one who is weighed down by disappointment and deferred dreams. Indeed, traumas affect us, but we are so much more than our pain.

May this season give you renewed hope to not only survive but to rise and thrive.

"But you, Lord, are a shield around me, my glory, the One who lifts my head high." (Psalm 3:3)

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