



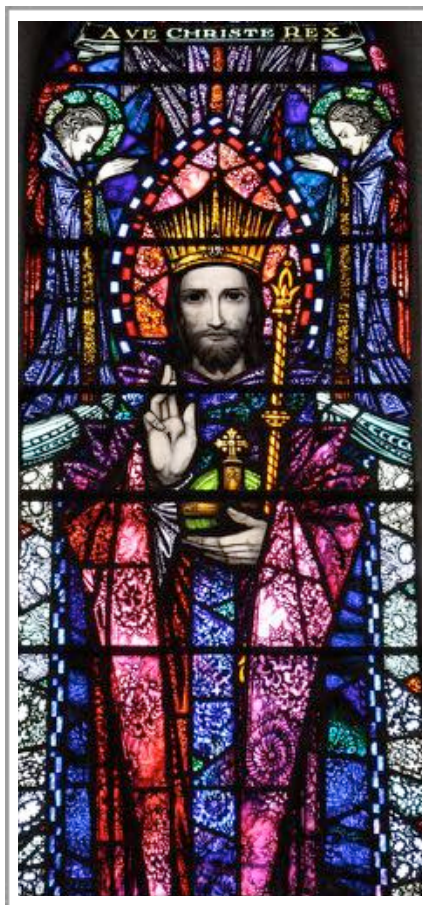
# Ubique

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*‘Soar we now where Christ hath led’*

## Easter



“Behold my hands and my feet,  
that it is I myself”

THE GOSPEL ACCORDING TO ST. LUKE, 24:39

*Art: Ave Christus Rex*

Trinity Window, Church of Christ the King  
Knockmore, County Mayo, Ireland  
Earley Studios, Dublin, 1954

## Easter 2021

*The Most Reverend William S.H. Downey*

I greet you all with the Traditional Greeting....CHRIST IS RISEN!

We are all familiar with the various symbols of Easter and Springtime (in the Northern Hemisphere) Easter lilies, the empty tomb, The Easter Bunny, the gaily colored Easter eggs. The Egg from the beginning has been held up as a symbol of renewed life, of fertility, abundance and transformation.

Recently I received Easter greetings from one of our Bishops, Msgr. Francis Vinkler of France, in which he alludes to the symbol of the egg as it relates to the time and situation in which we currently find ourselves. Bishop Vinkler says:

*In this Easter period during which we are (again) confined, like the embryo in its egg (Easter), I wish you an excellent feast of the Resurrection.*

*May the shell in which we are currently locked (and which invites us to internalization and meditation) allow us to reach the spiritual maturity that will bring us out fully renewed and regenerated, so that we can, when the shell finally breaks, participate more effectively in the construction of a more beautiful and just world to which our heart aspires...Happy Easter!*

The Victorious Christ brings not only peace but victory, triumph and success over all the negative aspects of whatever tests, trials, or challenges we may encounter.

Over the last year we have been subjected to forced isolation and in many cases separation from loved ones. Such separation can result in a sense of alienation, estrangement and loneliness. But for the Christian Initiate the good news of the Resurrection is in the words of our Collect for today, "Thou hast given us the sure and certain witness that Good shall finally triumph over ill and that death is but a gateway to the ineffable splendor of eternal Life in Thee!

We are given the abiding assurance that just as when Christ rolled away the rock covering his tomb, he rolled away our imprisonment in the matter aspect by demonstrating the falsity of death, "leading us from death to immortality". We are immortal spirits. Just as the chicken emerges from the egg, so we who are born of the Spirit may break out of that limited stifling concept of isolated self; caught in the grips of sin, selfishness, loneliness, despair or any other confining aspect of our lives. His victory is our Victory enabling us to move into a fuller understanding and realization of the Risen Power of Christ within!

For we died and were buried with Christ by baptism. And just as Christ was raised from the dead by the glorious power of the Father, now we also may live new lives. **ROMANS 6:4**

For you were buried with Christ when you were baptized. And with him you were raised to new life because you trusted the mighty power of God, who raised Christ from the dead. **COLOSSIANS 2:12**

Our eternal Resurrected Life in Christ is not something that takes place in the far off future world after death, it starts now as we claim our rights as daughters and sons of the Highest!

Just as Christ rose from the tomb so will humanity as a whole will rise from the tomb of our degenerate civilization—degenerate when seen in terms of the pollution of the earth, and in the light of our negative non-sharing ideologies of greed and separateness, our dense materialism and our limited mental concept of Life. The Aquarian era into which we are slowly moving could be called the Age of Resurrection and the Piscean Age out of which we are coming slowly can be called the Age of Decision and we have to decide (as Individuals, as a Nation and even as a Race) between hate and love, between life and death, between forces of materialism and the higher forces, between matter and spirit.

Christ's message was a message of love and inclusiveness at the core, but moreover a message of "life more abundant," which is a way of saying Life lived from the perspective of the spirit or according to the Will of the Father within.

Christ says in Matt 16:24: Then Jesus told his disciples, "If anyone would come after me, let him deny himself and take up his cross and follow me."

If we follow Him to the Cross we will follow Him out of the Tomb. Let us Break out of our Easter Egg and follow the Master!

Christ is Risen! He is Risen Indeed!



## Transfiguration 2021

*The Rt. Reverend Thomas Miller*

Nearly every page you could open in the bible contains God's offer of dialog, a deepening relationship between you and God.

The offer doesn't have to come from the Bible, either. It could come from the Creation, which was, and continues to be, the First Bible. The Creation is the first revelation of God, his first self-disclosure.

The Creation is God's show of his great skill and power, and the greatness of His love of the soul—every soul. Each one was created by him—and continues to be nurtured and sustained by him. Every soul is simultaneously held in existence eternally by the omniscient attention of our loving Creator.

The Transfiguration was yet another form of God's self-disclosure.

God wants to be known. Really doesn't hold back, may appear to be absent, but that is not any fickleness or condemnation from God's side. Reverence is a good way to approach God, but so is dancing, our God is a dancing God as well.

Why all this attention from God? LOVE

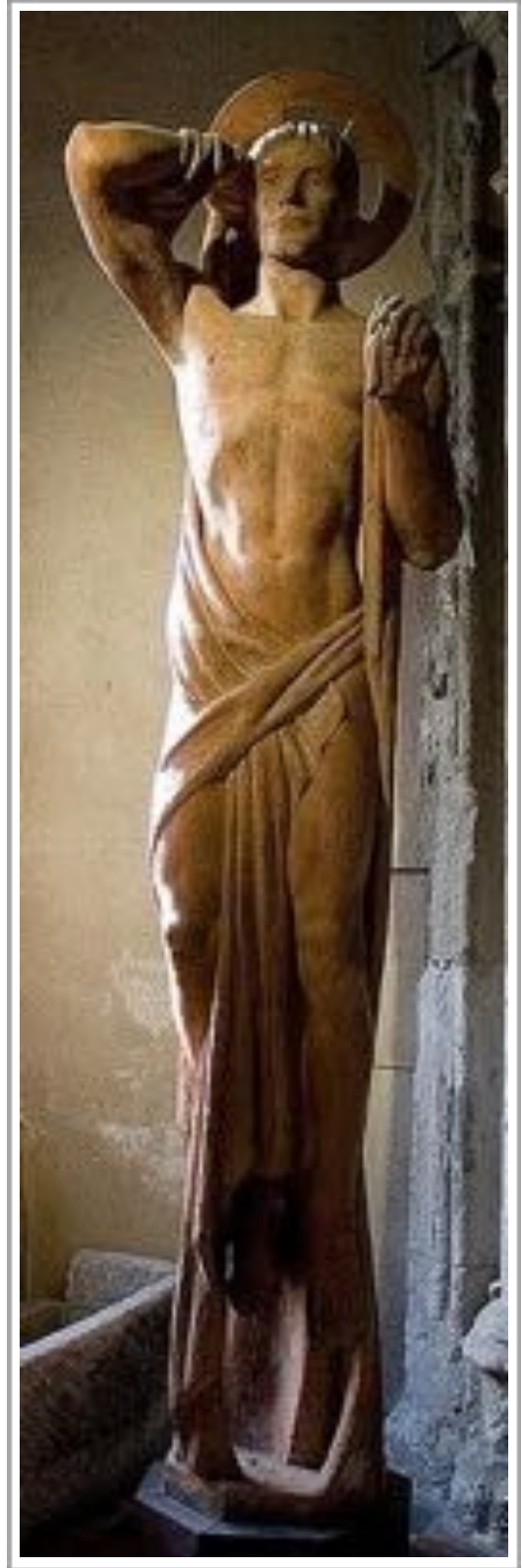
The Transfiguration was a way in which his disciples had not known Jesus before.

**“A high mountain apart”**

The Transfiguration on the mountain is presented as the point where human nature meets God: the meeting place for the temporal and the eternal, with Christ himself as the connecting point, acting as the bridge between heaven and earth.

**“Jesus was transfigured before them”**

On the mountain the divine Source of his human personality poured out through every pore of his body in the



**The Risen Christ**

St Bartholomew the Great, London

*Artist: Josefina de Vasconcellos*



form of light. His face became dazzling as the sun. Light poured out through every fiber of his body, even penetrating his clothes.

**“And behold, there appeared unto them Moses (the Law giver) and Elias (the prophet) talking with him.”**

What were these three talking about? Law personified in Moses thanks Jesus for the insight that cultivating love is far more effective than trying to follow all of the myriad details of Torah. Prophecy thanks Jesus for the insight that passionate guidance and criticism fall on deaf ears if not led by love. Love is the best teacher!

Meanwhile, Peter rushes to center stage, with “Hey, Jesus, this is awesome, let's make it permanent!” Peter, whom Jesus called Rock, the foundation of the church, was also prone to bad timing and mistakes, e.g. denying Christ before the cock crowed, etc.

Rock proposes that they set up three tents, one for Jesus, one for Moses and one for Elias. As if heaven needed to be captured in earthly tents. Oh, well. Peter eventually did evolve spiritually and demonstrated that God’s plan has need of the least of us.

**“God the Father spoke: This is my beloved son, in whom I am well pleased, hear ye him.”**

Was this proof of the ultimate authority and uniqueness of Jesus? Or inspiration for every one of us and foreshadowing of an initiation all must experience? What was and is the point of Jesus’ life anyway? He calls on every one of us as “other Christs” in the making. As St. Paul reminds us, “I can do all things through Christ who strengthens me.”

**“When they heard it, they fell on their faces and were sore afraid.”**

When is the last time you fell on your face? Figuratively, you know. Or facepalmed yourself for some silly mistake? Or wanted to, or actually did, stay home under the covers?

**“But Jesus came and touched them, and said: Arise and be not afraid.”**

That moment, that touch, that freedom, can come at any time. Be open to the desire of God to be in your corner. Be not afraid to ask, for yourself and others, great and small things of God. Open the channel of your heart, and listen.



# Spiritual Refreshment

## A Sermon for Lent 4

*Rev. Steven Arndt*

We begin today with noticing the rose colored Chasuble that I am wearing. We only get to wear the rose colored vestments 2 times each year. Once on the 4th Sunday in Lent and once on the 3rd Sunday in Advent. In our Liturgy it says this rose color, “indicates the love which is the central thought in those seasons of preparation.”

Notice that it said that LOVE is the central thought in the seasons of preparation. Now we are in the season of Lent and the Liberal Catholic Church would have it be known that even though we examine different intents each week in Lent in self-preparation, we do not lose sight of the bigger context of love that they fall into, which was clearly stated in today’s collect.

“Almighty God, who art unto thy people a fountain of wisdom, a tower of strength and an ever-shining sun of beauty and harmony, grant that we may so prepare ourselves to celebrate the sacred mysteries of the passion and the resurrection that we may ever be refreshed by the continual outpouring of thy power from on high; through Christ our Lord. Amen.”

Refreshed by the continual outpouring, not once in a while, but continually. If we are to learn anything about spiritual refreshment, it is that it is always abundant, always present, and free to anyone who wishes to partake of it.

At every Holy Eucharist we receive waves of blessings of God’s overflowing love. The First wave of blessing of this love is when the Bishop or the Priest celebrating turns towards the congregation giving everyone an absolution, and during it he makes the sign of the cross saying, “May the Lord + absolve you from all your sins and grant you the peace and comfort of the Holy Spirit.” This is a great wave of spiritual refreshment allowing us to begin together to build a great etheric temple, in the spirit of love.

In today’s Gospel we heard the story of the feeding of thousands. It mentioned 5 thousand and whenever I hear the number 5, I think of the 5 senses, our means of perception on both the gross and the subtle levels of experience. This parable can be viewed from different perspectives, and the feeding of so many, make no mistake, is a great miracle; but what really is being fed here and with what? It seems to me that this is a perfect example of the continual outpouring of God’s love, of spiritual refreshment, and that love was not only feeding a physical hunger, but also more importantly the thirst and hunger to connect with the fountainhead of God’s love, to feel, to know personally that fullness of love pouring into one’s being, and to be able to have a clear experience of that continual outpouring.

The longing for that connection is what drives us in every possible direction in life, exploring, looking and searching to be able to actually find that river of continual outpouring of spiritual refreshment, and only this can provide that true sense of peace. The waves of blessings during our Eucharist—of incense, the blessings of the altar, the benedictions and the consecration of the bread and wine—are all warming us up, through all of our senses, awakening our ability to know the continual

presence of God in our lives. Our participation together with full hearts allows us to be gifted, with the assistance of the Angels, gifted with the great light of the continual outpouring during the consecration. Before we close every Eucharist we hear the words, “We who have been refreshed with thy heavenly gifts do pray thee O Lord, that thy grace may be so grafted inwardly in our hearts that it may continually be made manifest in our lives.” These words are there to help remind us of the presence of the continual outpouring.

St. Paul in today’s Epistle was speaking to us about this experience of the continual outpouring of God’s love, describing it by saying, “I have learned, in whatever state I am in, therewith to be content. I know both how to be abased and I know how to abound; everywhere and in all things I am instructed both to be full and to be hungry, both to abound and to suffer need. I can do all things through Christ who strengthens me.”

I leave you with a sailor’s message:

Charting a course into the wind,  
sailing in a gale,  
my rudder held firmly in the waves of the tempest,  
my eyes see in ways not expected,  
picking out light in the flicker of the lantern,  
my trust ever questioned.

I hold firmly,  
with the strength not seen.

Tomorrow will come,  
and the waves and wind of this tempest will wander.

I find gratitude in the rising of the sun,  
the setting of the moon  
and the strength,  
not of my hand.



## The Spiritual Discipline of *Memento Mori*

*Rev. Jeremiah Loch*

Several years ago I began incorporating on a daily basis a Lenten spiritual discipline known as *Memento Mori*. This is a Latin phrase embedded in many spiritual traditions meaning “remember you must die.” The practice is often associated with an object serving as a reminder of death, such as a skull, ashes, or a visit to a cemetery.

To some people this may seem to be a depressing practice. It is, however, only depressing if you’re not looking at it or understanding it correctly. The practice is intended to give one a sense of priority and meaning. It is intended to help one clarify who they are, why they are here, and what it is that they must do while they are on this earth. For me this spiritual practice is associated with a daily cemetery visit to a large old nearby cemetery. I can vividly recall the following very initial event that occurred when I began this practice.

As I was silently amidst nature and the graves, I suddenly became vividly aware of the birds flying about overhead and the recording of our Lord’s comments regarding the lilies of the field, the birds of the air, and worry seemed to float in from the heavens above the graves.



*Therefore I tell you, do not worry about your life. ...  
 Look at the birds of the air;  
 they do not sow or reap or store away in barns,  
 and yet your heavenly Father feeds them.  
 Are you not much more valuable than they?  
 Can any one of you by worrying add a single hour to your life?  
 Mt. 6: 26-27*

The question seemed to be posed directly to me. Can I add a single bit of time to my earthly existence by worrying? Suddenly worrying seemed so useless and now when I find myself worrying this experience has enabled me to rapidly drop it as a useless and unproductive endeavor.

I then was noticing all the graves of those who had passed on and I began to wonder how much of the earthly experience of each of these individuals may have been consumed by worry. How much of any illness and disease, pain and suffering they may have experienced during their earthly sojourn may



have been associated with worry and fretting. How much worrying is behind or within the disease processes of the patients I encounter?

This was an experience and a lesson in the futility of worry that has been reinforced over and over again as I journey through the cemetery.

Visits to a cemetery also put before us a mirror, allowing us to survey our lives. Once again, we get to travel the paths we have followed. The mirror also reflects the present moment and the choices and options we have before us. It helps us realize that our decisions, or lack thereof, have associated influences and consequences affecting the immediate and wider whole of Life.

Sri Ramana Maharshi was a guru of international renown of Tiruvannamalai, India, who was born in 1879 and taught during the first half of the twentieth century. When we allow our gaze to steadily penetrate into a grave we confront a question reflected back to us that he stressed we must confront and ask over and over again at the deepest level. The question: *Who am I?* Stripped of everything, beyond our pain, disease, suffering, successes and failures, roles in life, our egoic conditioning, etc, here is “the” fundamental and essential question: *Who am I?* Who am I when I have died to that which I have perceived as me?

When we can have a sense of the answer to this question, an answer that is embodied in our thoughts, reasoning, words, and actions, then we can live, as did our Blessed Lord, with a deep sense of unity, meaning and purpose in Life. We will have passed through the crucible of death and entered into the Joy of the Resurrection!

Christ is Risen! He is Risen indeed!



## PARISH NEWS

### Church of St. Francis, Villa Park, Illinois

“We’ve been blessed to have the service and friendship of Rev. Jeremiah Loch these past few months, and hopefully much, much longer. Rarely does an experienced priest with exceptional integrity, vigor, and Christian orientation seek the confines of a humble parish like ours. We are fortunate, quite fortunate, and welcome Father Jeremiah with open arms, hungry souls, and insatiable spirit. Come join us and see why.” – Rev. T-Metz, Rector

We have been busy painting, organizing, rearranging, and updating various areas of the church building, including the foyer, priest’s vestry, and sacristy. An icon of St. Francis has been acquired and hung in the foyer. Work on a formal library in the rectory is scheduled for the summer months. We are also having a custom glass baptismal font being created by glass artist Luann Purdy of Ten West Designs. We are also working with a web designer to revamp our website.

You can watch our live stream of the Holy Eucharist every Sunday at 10:00 am CST on Facebook Group Page entitled “The Church of St Francis TLCC Live Stream”. We also live stream our monthly rosary to the same location on the last Friday of every month at 6;30 pm. CST.

*Sr. Rabeca Collin*



*Fr. Jeremiah Loch*



Our hearts be pure from evil,  
 That we may see aright  
 The Lord in rays eternal of resurrection-light;  
 And, listening to His accents, may hear,  
 so calm and plain,  
 His own "All hail!" and, hearing,  
 may raise the victor strain.

JOHN OF DAMASCUS, 8<sup>th</sup> Century  
*translated by John Mason Neale, 1862*

*Art: Jesus Appears to Mary Magdalene*  
 HARRY CLARKE

*collection of*  
 Chapel of the Sacred Heart,  
 Dingle, Ireland

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Altar Photo, page 1:  
 Church of St. Albert,  
 Greeley, Colorado  
 Easter 2019

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