

## The Resurrection of Christ

Christ is Risen! In Truth He is Risen! Having gone through the fast of Great Lent and Holy Week, we experienced the culmination of our Church Year during the bright and joyful Paschal Services! The Holy Church now calls us to observe a season of feasting during the next 40 days until the Feast of the Ascension.

Just as there is a difference between bodily and spiritual fasting, so too there is a difference between bodily and spiritual feasting. One can fast bodily by abstaining from meat and dairy products as we are called to do, and while this is a necessary step, it is also necessary that we fast from judging one another, from gossip and slander, and from the passions of pride, anger, lust, gluttony, envy, greed and laziness. So too, when we feast, a special meal is appropriate (though we should always strive for moderation in eating and drinking). However, the idea of a spiritual feast is that it is more than we can 'take in' all at once.

Our challenge now is to keep the spirit of Pascha alive in our hearts and minds. As one Holy Father put it, "Don't spill the Grace!" This means that when we experience God's Grace, such as the joy we felt at Pascha or the peace that we feel after having confessed our sins and partaken worthily of Holy Communion, it is as though we have received some priceless, special, rare wine that has been given to us in our 'cup' and it would be a terrible loss to spill it!

The Feast of Feasts, Pascha, is many things: it is the fulfillment of the prophecies concerning Christ; it is the fulfillment of our salvation in that Christ freed our human race from sin and death; it is also a foretaste of Paradise in which those sinful or dark parts of our life may be truly transformed by Christ's Resurrection. While Christ was crucified for us and opened the way into Paradise, He still expects us to do our part—to make the effort each day to live a Christian way of life: to love God, to love our brothers & sisters and to struggle against the passions and acquire the virtues with God's help. May God's blessings be with you in this joyous season!