

## *EASTER MESSAGE*

from Contemplative Outreach Ireland.  
Silence, Simplicity, Solidarity and Service

“For human beings, the most daunting challenge is to be fully human.  
For to become fully human is to become fully divine.”  
Thomas Keating, “Manifesting God”



“Christ emptied himself to assume the condition of a slave, and become  
as all humans are, and being as all humans are he was humbler yet, even  
to accepting death, death on a cross. But God raised Him high...”  
St Paul’s letter to the Philippians 2:7-9

We unite our suffering and the suffering of the world to the cross of  
Christ, hoping it too will be transformed and we too will be raised

Have a blessed Easter, the Core team.