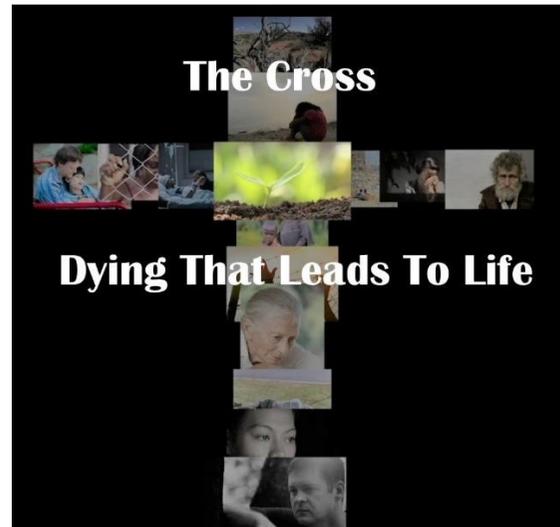


Emmaus Online Video Prayer and Meditation Library



“The Cross – Dying That Leads To Life” – Michael Whelan SM

Thematic Index

In this video series of 6 episodes, Michael Whelan SM offers challenging and inspiring reflections on the The Paschal Mystery at the heart of our daily living. He invites us to reflect on how the interaction between life and death can enable us to deepen our humanity and live our lives more authentically and more fully.

It is recommended that these episodes be viewed sequentially.

Episode	Theme and Focus
The Rhythm Of Life	There is a rhythm to life and at the heart of that rhythm is an interplay between living and dying. We see it everywhere. We know it in our own journey. There is a profound paradox in the death/life interplay; the surrender and letting go is a dying that allows us to live, the refusal to embrace the dying leads us away from life into death. Life is full of these moments where living and dying interact. <i>(Michael Whelan SM)</i>

Daily Life Choices	The natural interplay between living and dying presents us, each day, with an amazing opportunity to live in harmony and become more authentic and more fully alive. Our daily choices will enable us to live our dying or to resist it and accumulate death; emotional, psychological and spiritual death that leaves us dysfunctional and struggling to truly live. <i>(Michael Whelan SM)</i>
Embracing Our Vulnerability	What processes are at work in our efforts to choose between living our dying, or, our decision to resist death and the life it can offer us? What causes us to hold on or to let go; to surrender or to cling to control? Entering this natural rhythm of life, surrendering and letting go, can leave us feeling very vulnerable. Feeling vulnerable is an experience of dying. We should be careful not to fight it – it is also a place from which we can identify with Jesus and his teachings: “Unless a wheat grain falls on the ground and dies, it remains only a single grain; but if it dies it realizes a rich harvest”. (Jn 12:24) <i>(Michael Whelan SM)</i>
Living the Dying	We are created for the infinite. We do not want a bit of life, a bit of truth, a bit of love . . . we want life and we want truth and we want love! Left to ourselves, the dying that we face daily can point us somewhat in the direction of freedom but never take us there. More than likely, however, we will resist the dying and, in the resisting, diminish our freedom and make ourselves vulnerable to aggression. This brings us to the reality of Jesus and his living and dying. Jesus exposes here the paradoxical truth that has been our central theme: We must die in order to live. <i>(Michael Whelan SM)</i>
Death and Life in the Wilderness	The wilderness is the place of death: It is a “howling waste” (Deut 32:10), a land of “trouble and anguish” (Is 30:6). The wilderness is an uncharted wasteland. If the truth be told, most of us experience this wilderness most days – breakdown in relationships, family tensions, worries concerning ageing parents, failures of the Church, financial stresses, health concerns, demands of work, uncertainties of employment, ideological aggression, poverty of leadership in the community, failure of trust in institutions, diminishment of civility, and so on. We respond to the challenges of the wilderness with intelligence and we draw on our best skills, we help one

	another and we do what we can to deal with the circumstances in which we find ourselves. And we trust the rhythm of life – in dying we live – and the promise of God – “I am with you!” <i>(Michael Whelan SM)</i>
The Cross – Transformation	In Jesus Christ, we can enter into the dying that each day will ask of us, with absolute confidence that we will live, not despite the dying but <i>because of</i> the dying. The Cross means that Jesus waits for us in our experiences of pain and sorrow, suffering and death, loss and failure. The reality of the Cross assures us that this is his territory. He is our way to the fullness of humanity. If we are, as disciples of Jesus, to become active and effective in our world, it must include a thoroughgoing incorporation of this tradition of the Cross. This is not a manifesto of misery but an affirmation of human existence as it is. The Cross is the greatest symbol of freedom and love possible. <i>(Michael Whelan SM)</i>

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