

Station 1: Grief....like a smashed cup...a shattering of hope.....



The people who followed Jesus will have experienced grief like a shattering of hope....

In this 'in between' time between Good Friday and Easter Sunday, what is your experience of grief and loss.....

In your own life, how have you experienced grief and loss like a shattering of hope.....

Please feel free to write (or draw) your reflections as together we gather our insights and experiences.....

Station 2: Cracked



In the midst of living, I can almost go on as if nothing has changed. Only those who choose to stop and notice will really see the crack or see the slow drip of my weeping. But the long scar remains part of the fabric of life.... that long scar etched in my life can be a site that harbours dis-ease.

In this 'in between' time between Good Friday and Easter Sunday, what is your experience of living with the scar of grief and loss and 'dis-ease'?

Please feel free to write (or draw) your reflections as together we gather our insights and experiences.....

Station 3: tipped over, poured out....



For the followers of Jesus, it seems that the vitality and joy in life has been poured out; despair taking the place of what has been lost and for what seemed hopeless to gather up again.

In this 'in between' time between Good Friday and Easter Sunday, what is your experience of hopes dashed, hopes poured out.....

Please feel free to write (or draw) your reflections as together we gather our insights and experiences.....

Station 4: things can never be the same



From one angle, it would seem as if everything is the way it should be. But then I notice the usual ways of doing things won't work anymore. How can I learn to do things in a new way, to make do with a diminished way of being? Yet it's all I have in this moment....

For the followers of Jesus, they prepared to return to their former lives - before they had met Jesus. Their grief and loss overwhelmed them, but the routine of the familiar would surely bring comfort. They had to learn to cope but the usual ways of doing things wouldn't work anymore. They had to learn all over again things that once seemed so familiar.

In this 'in between' time between Good Friday and Easter Sunday, what is your experience of having to learn to do things in a new way.....

Please feel free to write (or draw) your reflections as together we gather our insights and experiences.....

Station 5: cup of tears, cup of sorrows



The whole world turned grey for One who found himself without friend or helper, faced with drinking a cup he'd prayed would be turned away from him, knowing that life was about to be drained out of him. *(c) Stillpoint Spirituality Centre*

Taste the salty water in the cup.

In this 'in between' time between Good Friday and Easter Sunday, what is your cup of tears, your cup of sorrows?

Please feel free to write (or draw) your reflections as together we gather our insights and experiences.....

Station 6: the emptiness

The cup is a symbol of hospitality, memories of stories shared, connections made, friendships and understandings built. But now that cup has been drained.

Grief may be experienced as emptiness, when life seems robbed of joy, robbed of colour.....



For the followers of Jesus, every meal was an occasion to remember what had been lost - every time they drank from the cup, every time they broke the bread. Remembrances.

In this 'in between' time between Good Friday and Easter Sunday, what memories come to mind of this kind of emptiness?

Please feel free to write (or draw) your reflections as together we gather our insights and experiences.....

Station 7: Poured out



For the followers of Jesus, grief would have felt like life itself had been poured out....aching days of emptiness.

In this 'in between' time between Good Friday and Easter Sunday, what comes to mind of your experience of this kind of emptiness?

Please feel free to write (or draw) your reflections as together we gather our insights and experiences.....

Station 8: remembering the meal

Take your place at the table, with the bread and the cup, and the light of the candles. Jesus gave new meaning to the common elements of bread, and wine. He said he would be present whenever the bread was broken, whenever the cup was lifted.



We find a place at the table.....

In this 'in between' time between Good Friday and Easter Sunday, what comes to mind of your experience of this kind of memory-making?

Please feel free to write (or draw) your reflections as together we gather our insights and experiences.....