

Holy Week – Wednesday 8th April 2020 – A meditation



Long Grass with Butterflies - Vincent van Gogh 1890
The National Gallery

Van Gogh was the son of a Dutch Pastor. In 1888 he travelled to Arles to paint, as the light there was better. It was there that he painted some of his most famous paintings, experimenting with bright colours and using flowers such as sunflowers. Many of these paintings had deep religious overtones. However, within a year he was admitted into a sanatorium at St Rémy. His mental illness coupled with depression gave him an awareness beyond the norm.

This picture, with its beautiful colours and long grass, draws your eye into a scene with no corners but, in amongst the long grass, butterflies can be seen - signs of new hope, new life and resurrection. On this Wednesday, just before Maundy Thursday and Good Friday when we will strip back our altars and enter the tomb, all Christians live in the knowledge that Easter Sunday is also but a few days away. Life can be a struggle but with small signs of hope (butterflies) to keep us optimistic.

God give me courage to change the things I can change.
Serenity to accept the things I can't change
and wisdom to know the difference. Amen.

Reinhold Niebuhr

You can look at this meditation with accompanying music here: <https://youtu.be/iOcxGcBJOC0>