



Traditionally Holy Week is organized something like a Mozart concerto. Today, Palm Sunday, is the first movement — *allegro*, a joyful celebration. But everyone knows that at the end of the week we will have the second movement, what Emily Dickinson has called "*The hour of lead.*" Then next Sunday, Easter, we move beyond joyful — *allegro con brio!* Sometimes that arrangement works for me, sometimes it doesn't.

In this week I am attracted to the theme and rhythm of walking. There was a lot of walking. The crowd walked down the hillside waving branches and welcoming Jesus like a breath of fresh air. I have walked those steps, as well as the steps on the streets tradition says he walked to his execution. And I have walked to the empty tomb.

I feel it is important for me this week to keep on walking. It's not as easy for me as it once was and I appreciate companions. One group are those close to me; human friends and animals who know well the land on which I live. Another walking guide is Thich Nhat Hanh (1926– ) a Zen master, poet, and peace activist who writes this in his book *Living Buddha, Living Christ*.

*You only need to walk in mindfulness, making peaceful, happy steps on our planet. Breathe deeply and enjoy your breathing. Be aware that the sky is blue and that the birds' songs are beautiful. Enjoy being alive and you will help the living Christ and the living Buddha continue for a long, long time.*

As we walk, “making peaceful, happy steps on our planet”, perhaps we will become aware of how, as the Quakers put it, we can for a moment become the hands of God in our own time and in the process continue that fateful journey begun in Jerusalem so many centuries ago.

***Brother Toby***