



In St Arvans Church we have placed an icon of Jesus (Christ Pantocrator) on the rear screen in order to help us in our Lenten meditations

The icon represents Christ as ruler of all things, with one hand raised in blessing, the other carrying the Book of the Gospels..

The following is an excerpt from a series of reflections by a former Bishop of our diocese and Archbishop of Canterbury, Rowan Williams, on how to approach prayerfully and devotionally the icon of Our Lord:

“The point is simple: face to face with Jesus, there and only there, do we find who we are. We have been created to mirror his life, the eternal life of the one turned always towards the overflowing love of the Father; but our human existence constantly turns away. When we look at Jesus, we see in some measure what he sees, and are drawn to where his eyes lead us... In this icon we look at him looking at us, and try to understand that as he looks at us he looks at the Father. In other words, when he sees us, he sees the love that is his own source and life, despite all we have done to obscure it in ourselves. When we look at him looking at us, we see both what we were made to be, bearers of the divine image and likeness, and what we have made of ourselves ... “

Rowan Williams: from *'The Dwelling of the Light – Praying with Icons of Christ'*