

A Shrink Studies SCUBA

Easter

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Easter Underwater

According to my dive buddy Bob Mankoff, there are few proofs of the existence of God greater than the beauty and intricacy of the coral reef. For Christians, the Easter holiday brings to mind some non-traditional symbols of the crucifixion, burial, and resurrection of Jesus Christ of Nazareth, which can be viewed underwater by scuba divers.

The soldiers led him away into the hall, called Praetorium; and they call together the whole band. They clothed him with purple, and platted a crown of thorns, and put it about his head, and began to salute him, Hail, King of the Jews! They smote him on the head with a reed, and did spit upon him, and bowing their knees worshipped him. When they had mocked him, they took off the purple from him, and put his own clothes on him, and led him out to crucify him. (Mark 15:16-20; King James Version)



Crown-of-Thorns Sea Star
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The Legend of the Sand Dollar

There's a pretty little legend
That I would like to tell
Of the birth and death of Jesus
Found in this lowly shell.
If you examine closely,
You'll see that you find here
Four nail holes and a fifth one



Made by a Roman's spear.
On one side the Easter lily,
Its center is the star,
That appeared unto the shepherds
And led them from afar.



The Christmas poinsettia,
Etched on the other side
Reminds us of His birthday,
Our happy Christmastide.
Now break the center open,
And here you will release
The five white doves awaiting
To spread Good will and peace.

This simple little symbol,
Christ left for you and me
To help us spread His Gospel
Through all eternity.

David F. Colvard, M.D., is a private psychiatrist and clinical investigator in Raleigh NC, and a divemaster. He hosts the website www.DivePsych.com which provides evidence-based information for divers on psychological and stress factors in scuba divers. □



PASEN, or PAAS MAANDAG (Easter Monday) The Monday after Easter



David of Team Colvard holding an underwater Easter egg collection bag following an underwater Easter egg hunt at Dive Inn

In a more secular vein Paas Maandag, or Easter Monday, is a holiday for both Dutch children and adults who celebrate the occasion with many kinds of egg games. *Eierrapen*, or hunting for colored eggs hidden by their elders in house or garden, is a favorite pastime of the younger children, while *eiertikken*, or hitting together hard-boiled Easter eggs, is the day's real sport for boys and girls of all ages." □ *David Colvard, M.D.*