

Grace Notes in Miniature

Friday September 11, 2020

Dear Friends:

As we recognise that today is the 19th anniversary of the Al-Qaeda attacks on the United States, we pray for those whose lives were irreparably changed by the events of that day and the subsequent repercussions. This is a good day for us to pray, “Let there be peace on earth and let it begin with me.” You may enjoy this remote recording by the Concert Chorus Alumni of the University of the Philippines: <https://www.youtube.com/watch?v=4ITXaL2Sk2A>



Just under 3,000 died and about 25,000 were injured.

Given the current pandemic, we also realise that there are other great threats to our humanity: there have been 28.3 million people affected by COVID-19, and 911 thousand deaths. We have learned a lot about what people value through this experience and continue to explore ways of being present to each other and taking care of each other. Not the least of this growth is in our schools. All of us have learned to give up some freedoms and habits in order to benefit the greater good. Let us be thankful for the efforts of all who work together to keep us all as safe and healthy as possible.

A Contagion of Hope - Sister Deborah Troillet , Catholic Health Association of the United States

Christ Our Light!

Your light rises in our darkness and assures us that you are present with us and that your powerful closeness to us transforms our fear into hope.

May we join with our Holy Father, Francis, in spreading a “contagion” of hope “from heart to heart”.

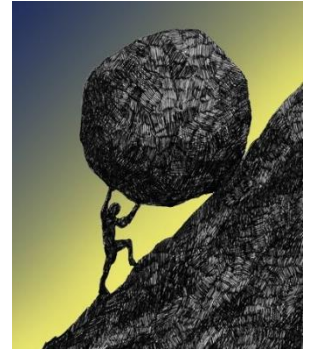
Protect all your selfless servants who continue to serve the needs of the most vulnerable by both hands and heart.

Give our elected leaders wisdom of heart in decision-making that the common good of our human family may be achieved and the gift of each person’s human dignity respected.

May the new Easter fire of love, energy and resilience burn within our hearts so that we may give witness to the mystery of your resurrected life among us and within us.

Amen

Many people have spoken to me this week about feeling quite overwhelmed by the demands which the continued concerns for public health place on us. We may be stressed about loved ones we can't visit, anxious about the vulnerability of our health or that of those we love, challenged by changes in our job status, worried about lost opportunities and saddened by changed plans brought about by the pandemic. Many of us have had to learn a great deal more about technology than we would ever have thought necessary. I have commented a few times that I felt like Sisyphus pushing the rock up hill: I think that I have something pushed something to the top of the hill and under control, only to have it come tumbling down again – and I have to jump to get out of the way.



I've come to realise that our faith is a very effective sledgehammer to break the rock down into more manageable pieces, chunks which we can then carry more safely up the hill and make sure they are going to stay there – at least for a while. It really doesn't make sense to say that I am too stressed to pray, or that I don't have time. The couple of minutes spent even in saying, "Maranatha" – come, Lord, a few times as we take a few deep breaths, or just quietly quoting Sir Jacob Astley as he prayed before the Battle of Edgehill, "O Lord, Thou knowest how busy I must be this day. If I forget Thee, do not thou forget me" can calm us enough to help break the rock into the smaller, manageable pieces. I have learned never to underestimate the power of prayer!

<https://www.youtube.com/watch?v=U1vtGSksVwE>

Wishing you a refreshing and restful weekend,

Peace be with you,

Gillian

