



## April 22, 2020-Reflections for the Easter Season Ms. Albano

In the name of the Father, Son, and Holy Spirit.

Dear God, I acknowledge the Mississauga's of the Credit First Nation for being the ongoing stewards of this traditional territory.

### *A reading from the Gospel of John*

*Jesus said to Nicodemus, "And this is the judgment, that the light has come into the world, and people loved darkness rather than light because their deeds were evil. For all who do evil hate the light and do not come to the light, so that their deeds may not be exposed. "But those who do what is true come to the light, so that it may be clearly seen that their deeds have been done in God."*

On Sunday morning, I was shocked and disheartened to wake up and hear about the shooting in Nova Scotia, which took the lives of at least nineteen people. It took me a couple of days to reflect on the lives lost in a horrific way. It shows that even if we're trying to fight the virus together, the problems which separated or isolated us before persist. Chronic issues of poverty, mental health and other medical concerns still exist. We see the differences in our socio-economics, especially in ways physical and social distancing has impacted lower-income families. The most visible is how some of us can continue to work from the safety of our homes while others must go out and work in places that are not 100% guaranteed to protect them from being infected with the virus.

Yes, evil still exists and spreads in our world. Yet, the pandemic has shown how much good is in the world. During the pandemic, we have many opportunities to react in positive ways. Consider, the amount of neighbourhood dance parties occurring, closed restaurants preparing food for front-line workers, companies donating resources to food banks and car parades to support our health professional and first responders, and neighbours shopping for the elderly and shut-ins on the street. We have seen a greater sense of standing with your neighbour supporting each other, especially those still working in essential service. In my neighbourhood, from a distance, we wave and smile at each other knowing that we are in this together. Even the nightly news is trying very hard to report more than one good news story a day. See, as much as there is bad news, we can create and report good news. As it has always been, we can choose how to react to the situation in front of us. The how will be different, but the why always remains the same. Remember, Jesus said, "those who do what is true come to the light, so it may be clearly seen that their deeds have been done in God."

Let us pray that each of us will take time with our family or find time alone to pray and rest. Cherish your family time in honour of those who are mourning the loss of their loved one in Nova Scotia or have died because of complications of COVID-19. May they find comfort in God's arms and a way to peace

and understanding. Let us say, Lord, it is difficult to adapt to this new daily life and hear bad news, but I know that if I choose you every day, I will draw others to you. When I feel overwhelmed and feel like I am not doing enough, remind me I am doing everything I can and this is a way for me to learn to trust in your time knowing that all will be made well. When despair and anxiety comes, may I light a candle and be in your presence because you are the Light out of these uncertain times who tells me, "Remember I am with you always till the end of days." Amen. In the name of the Father, Son, and Holy Spirit. Amen.