

April 8, 2020-Prayer and Reflection -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 Prophet Isaiah

“The Lord God has given me the tongue of a teacher, that I may know how to sustain the weary with a word. Morning by morning he wakens—wakens my ear to listen as those who are taught.”*



In some ways, all of us are being called to change how we do our job. For some, it includes learning to conduct meetings online and resisting the temptation to be faceless during them. Some are being asked to teach online where they have to learn to use a new online platform. Some of our essential service workers are adjusting to cleaning their space after each customer and talking to them behind plastic screens.

These changes will cause anxiety and stress. I know I felt it in February when my anxiety and stress levels heightened my germ phobia with each new COVID 19 patient being detected locally. However, I didn't let the anxiety and stress overtake me. As usual, the faith we profess in Christ kept me grounded to sort out truth from illusion. It helped me see the world through God's eyes.

See, our faith in God takes every meditation or breathing exercise we do and grounds it in something more than calming our fears for a moment. It helps us to see that God has given you the gift of resilience and patience to embrace these changes. He has made you capable to face what is ahead in creative and noble ways. How? It will vary, but you will discover it if you stay rooted in Him and embrace those changes along the way.

I pray that you remember that God will sustain you as you help others. As before, it has never been about the grand things we do for each other. It has always been the small sacrifices we make to adapt, so we help others who struggle to embrace the realities of life. May you give yourself the time to adjust and have patience to learn, especially for those who will struggle to learn online or deal with this new way of life. May this be the time you reflect on your life and see God has given you both the opportunity to be a teacher and a student to discover how wonderful God has made each of us. Let us always remember those words of Jesus at the Ascension, “remember I am with you always till the end of days.”

Amen.