

June 22, 2020-Reflections for Ordinary Time

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

Dear God, we acknowledge that the land on which we gather is part of the Treaty Lands and Territory of the Mississaugas of the Credit. We are grateful for the Mississauga's of the Credit First Nation of the Anishinaabek Peoples who continue to share their ancestral lands with us.



A reading from the Book of Psalms

“To the leader: according to The Lily of the Covenant. A Miktam of David; for instruction; when he struggled with Aram-naharaim and with Aram-zobah, and when Joab on his return killed twelve thousand Edomites in the Valley of Salt.

O God, you have rejected us, broken our defences; you have been angry; now restore us! You have caused the land to quake; you have torn it open; repair the cracks in it, for it is tottering. You have made your people suffer hard things; you have given us wine to drink that made us reel.” (Psalms 60:1-3)

Many of us have had that moment and realized we are living through a pandemic. We are living through civil unrest where we cannot ignore what happens to racialized or marginalized groups. A time where we cannot go back to the way things were in our thinking and practice. Perhaps, some of us doubt that existence of God or realized the importance of God in our lives. At some point, we have had a cry or an epiphany that something in my life has to change.

Recently, I have ventured slowly back into the world which went beyond the park trails in my area. To be more accurate, I have travelled more than a five kilometre radius from my home. I am one of the blessed ones who can have many basic needs delivered and who lives in an area where curb side pick up is readily available. So blessed, that someone picks up these items when they deliver and pickup is not an option to me. Yet, as we slowly go back into some form of new normal routine, my anxiety is in full swing. For example, as I entered my church, this Sunday I felt the colour leave my face and the emptiness of my stomach. The constant attentive awareness of being two metres apart plays on your mind as that feeling that you don't know if the person you cross may transmit the virus to you. To a point, you the constant vigilance of being aware of who you come in contact with in your daily routine is exhausting.

Yet, how do you survive the heightened awareness and the anxiety and stress that come with this new way of life? Something my mom said, as she ventured out to the church with me this weekend, “we can not live in fear.” What she means, be aware of the dangers, but do not live in fear of the unknown. As it was pre-Covid 19, trusting in God means still going out into the world. Not forgetting the dangers, as you always take precautions, but not at the point where you think you can control the end result. In today's passage, this is what we hear from King David. An awareness that God is present. He is the answer to our prayers and abides with us in this time of uncertainty. A time where we need Him more than ever to reveal what need works and how he can help us through.

Let us pray for those in regions are already in phase two and can sit on a patio or get a haircut. Take care, but continue to be attentive to those around you in stopping the spread of the disease and more than

ever when you witness someone mistreats others for unjustifiable reasons. Keep in mind your blessings, but do not leave God behind. Acknowledge that we are far from the end of our physical isolation, but we are closer to knowing God who through the Holy Spirit wants to repair the cracks within our hearts and in our communities. May Christ's words take hold of your heart, "Remember I am with you always till the end of days." Amen. In the name of the Father, Son, and Holy Spirit. Amen.