

**May 22, 2020-Reflections for the Easter
Season Ms. Albano**

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

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

“Very truly, I tell you, you will weep and mourn, but the world will rejoice; you will have pain, but your pain will turn into joy. When a woman is in labour, she has pain, because her hour has come. But when her child is born, she no longer remembers the anguish because of the joy of having brought a human being into the world. So you have pain now; but I will see you again, and your hearts will rejoice, and no one will take your joy from you. On that day you will ask nothing of me. Very truly, I tell you, if you ask anything of the Father in my name, he will give it to you.” (John 16:20-23)

No doubt COVID-19 has affected everyone. It has taken its toll on those who were already living pay cheque to pay cheque or struggling with other chronic health problems. We have realized the number of people who are in unhealthy living situations who are carrying the extra burden of being in constant fear for their life in isolation. We also have noticed the varying degrees of responses where we weigh a person's health against one's livelihood, against a nation's economy and civil liberties. Again, without a doubt, the pain and suffering are real, but it is greater in some and less than others.

However, we are called to be hopeful. St. John reminds us that pain and suffering is part of our lives, but so is joy. To remember these are moments which will pass. We don't have an accurate time frame for when the pain, suffering, and isolation will end in our COVID-19 existence, all we can hope for is that when we get to the other side, these moments will be a chapter in our story. A time we can look back and learn something from it. Perhaps, it was the time we learned that we were living a life that was “I” centred where we thought we were invincible but in reality we learned this was a selfish way to live one's life. Perhaps, it was the time to realize that truly isolated people in this world are not the ones who shout the loudest, but were the ones in homes already silenced and forgotten. Perhaps it was the time you realized that death is real and the moments that really matter are the ones you spend with loved ones. Perhaps, you realized that you had filled your life with a to-do list, events calendars or things and people to entertain you or give your life meaning. Last, maybe this was the time to realize that every life matters and one should fight to protect it as opposed to figuring out ways to end it. Maybe this is the time to see everyone that God's creation is precious.

I pray that the words of St. John will give you hope in the Lord. To understand that pain is part of life. Sacrifice and hardships are part of life. You cannot hide from it, nor can you control it. At one point you must go through it because within those moments, when you reach the other side, will you realize what great joy in God truly means. It has never been about your prosperity in what you achieved or accumulated but has and will always be in how much you loved God and took care of his creation in care and love. With the courage and wisdom of the Holy Spirit may we learn and believe in the words of Jesus who commissioned us to praise and serve him because he says to us, “Remember I am with you always till the end of days.” Amen. In the name of the Father, Son, and Holy Spirit. Amen.