

Lock-down

Yes there is fear.
Yes there is isolation.
Yes there is panic buying.
Yes there is sickness.
Yes there is even death.

But,
They say that in Wuhan after so many years of noise
You can hear the birds again.
They say that after just a few weeks of quiet
The sky is no longer thick with fumes
But blue and grey and clear.

They say that in the streets of Assisi
People are singing to each other
across the empty squares,
keeping their windows open
so that those who are alone
may hear the sounds of family around them.

They say that a hotel in the West of Ireland
Is offering free meals and delivery to the housebound.

Today a young woman I know
is busy spreading fliers with her number
through the neighbourhood
So that the elders may have someone to call on.

Today Churches, Synagogues, Mosques and Temples
are preparing to welcome
and shelter the homeless, the sick, the weary

All over the world people are slowing down and reflecting
All over the world people are looking at their neighbours in a new way
All over the world people are waking up to a new reality
To how big we really are.
To how little control we really have.
To what really matters.

To Love.
So we pray and we remember that
Yes there is fear.
But there does not have to be hate.

written by Fr. Richard Hendrick, OFM