



April 1, 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 Gospel of Luke

Jesus said in a parable, "But as for the seed in the good soil, these are the ones who, when they hear the word, hold it fast in an honest and good heart, and bear fruit with patient endurance."

After months of COVID 19 reports from around the world, we have heard the tears of family members and medical professionals, pleas from our leaders, and a call to prayer from Pope Francis and other faith leaders. Images upon images of immense suffering and death coupled with moments of immense hope and life. This pandemic forces us, as a people of God, to ask ourselves, how do we face this unknown virus, isolation, and the future?

I offer my experience with Acute Respiratory Distress Syndrome (ARDS). ARDS is a type of respiratory failure characterized by rapid onset of widespread inflammation in the lungs. It is one of the worse case scenarios a COVID 19 patient will experience and need a ventilator to breathe.

During my dad's chemo treatment, the doctor's diagnosed my dad with ARDS. For almost four months, we watched him breathe with a ventilator and witnessed how his faith in God and trust in his medical team helped him to fight for his life. It was a roller coaster ride of emotions as infection after infection always delayed recovery for his lungs, heart, and body.

It is this experience which helps me face what is happening in the world today and be hopeful for the future ahead. I know we will get through this and become better people. If you haven't noticed, you are more grateful for every blessing God has given to you and yearn to help those who are sick and protect the most vulnerable. However, you will also experience a moment of helplessness where you will realize, as it was when I watched my dad fight for his life, trusting in God and waiting for a miracle, makes you doubt your faith.

But, if you are willing, you will embrace this moment to acknowledge how we are never powerless when God is with us. We will face this virus and the uncertain future together by holding fast to the Crucified Christ and listening to how God is calling us to live today. As we witness the people of God suffer, we realize we are one in Christ called to pray and serve according to how the Holy Spirit urges us to do it.

Let us pray to take the time to hear God and pray for those caring for the sick. May they treat them according to the love which God has for all His people. May all of us do what we can and when we find ourselves helpless and hopeless, pray to the Sacred Heart of Jesus and the Immaculate Heart of Mary for the courage to trust in God and in His time. Let us never forget the words of Jesus at the Ascension, remember I am with you always. Amen. In the name of the Father, Son, and Holy Spirit.