

April 2, 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 Book of Psalms (105)*

*Seek the Lord and his strength; seek his presence continually.*

*Remember the wonderful works he has done, his miracles, and the judgements he has uttered, O offspring of his servant Abraham, children of Jacob, his chosen ones.*

*He is the Lord our God; his judgements are in all the earth.*

*He is mindful of his covenant for ever, of the word that he commanded, for a thousand generations,*



Last Friday night, Pope Francis called the faithful to pray with Him before the Lord in Adoration. To a non-believer, they saw a man walking through an empty St. Peter Square and let the weight of human suffering plunge them deeper into despair. However, for a believer, it was the calm we needed to let our fears and anxiety aside to realize that God has not abandoned us, but is calling us back to Him.



As Pope Francis said to the faithful, God is “calling on us to seize this time of trial as a *time of choosing*. It is not the time of your judgement, but of our judgement: a time to choose what matters and what passes away, a time to separate what is necessary from what is not. It is a time to get our lives back on track with regard to you, Lord, and to others.”

As we continue on this journey together, we will experience moments of despair and hope. We will have to change our routine and be open to learn how to do things differently. We will have to learn to be mindful of others and keep our distance so we don't get sick. We will see that the gift of good health, food, and shelter is the only lottery worth living. Last, we will realize that God gives us the strength and courage to face each day because in His suffering on the cross, we know the joy of the Resurrection is at hand.

I pray for those of us in our community, feeling the weight of loneliness and despair. May God fill your heart with His love to know that even though you are physically separated from friends and family, you are not alone. Reach out and God will respond in the most amazing way. Let us pray for those who are critical and those who will pass away from COVID-19 to know that God's angels and saints are with you to take you home to meet the Lord. 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.

Here is a link to the full text of Pope Francis' reflection: <https://www.vaticannews.va/en/pope/news/2020-03/urbi-et-orbi-pope-coronavirus-prayer-blessing.html>