

Tuesday Reflection 1st September 2020

“Remember the Sabbath day by keeping it holy” (Exodus20:8)

Seeing the cars queuing to get into Malvern Retail Park on Friday, observing the traffic building up around Worcester and on the M5, reading about people jumping onto planes to jet off to the sun and increasing numbers ignoring social distancing advice, one could be forgiven for wondering whether the last six months had just been some kind of bad dream. Only it wasn't. What is happening now is. While reflecting on this, I came across this poem by Lynn Ungar on the Xavier University website:

PANDEMIC

What if you thought of it
as the Jews consider the Sabbath—
the most sacred of times?
Cease from travel.
Cease from buying and selling.
Give up, just for now,
on trying to make the world
different than it is.
Sing. Pray. Touch only those
to whom you commit your life.
Centre down.

And when your body has become still,
reach out with your heart.
Know that we are connected
in ways that are terrifying and beautiful.
(You could hardly deny it now.)
Know that our lives
are in one another's hands.
(Surely, that has come clear.)
Do not reach out your hands.
Reach out your heart.
Reach out your words.
Reach out all the tendrils
of compassion that move, invisibly,
where we cannot touch.

Promise this world your love—
for better or for worse,
in sickness and in health,
so long as we all shall live.

– Lynn Ungar, March 11, 2020

Here too again are the themes of mutuality and interdependence; we are called to maintain social distancing in the physical sense, but spiritually, psychologically and emotionally we must draw closer together and be aware of our interconnectedness.

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