

May 28, 2020

Here we are three months after the coronavirus started with masks, washing our hands and social distancing, they have now become a part of our everyday lives. When we leave the house, one of the things we make sure we either have on or on our being is a mask. Wherever we go that is essential along with social distancing. These are difficult days with everything opening up and being unsure because the proper requirements are not always being followed. People are not only fearful of the virus but also of the unknown. Who do I know and love that is going to get the virus and what is going to happen to them. Are they going to get better from it or are they going to die? None of us want to see anyone we love die and it is so painful when we can't be at their side holding their hand, telling them how much we love them and saying everything you want to them. There is an angel comforting them but your heart is broken and empty because it is not you. However, you have so much you want and need to say that is in your heart. Write them a letter and pour your heart out. Remember that letter is for you and that person, no one else. So many people have told me this virus is like a cancer that sneaks up on us and we don't even realize it. Yes, it is, that is why we need to be cautious and careful.

As days go on, we are continually hearing our God say to us to stop, to listen, to pray, to enjoy the beauty of creation and be in contact with the people in our direct circle. I hear so many people say to me they are so fearful of going out of the house but more than anything we need air and need to take care of ourselves physically, emotionally and spiritually. This virus has affected us whether we want to admit it or not in all of those ways. I have a friend who is continually saying to me "you have to meditate. It helps you in so many ways including feeling better about yourself." Yes, I am quiet, pray and listen to what God says to me. But maybe I don't go deep enough to really help myself in all those ways. We continually hear that this affects us in so many ways but we tend to ignore those ways and not stop and pray and take time to build our relationship with God. As I listen to people day after day who are hurting and grieving, it becomes so clear that all of this has made it so much more

difficult and painful. When someone dies, our funerals are not the same and people plan to celebrate that person's life down the road. That celebration of life is not only important for that person who has died but so very important for the many people whose lives he or she have touched and those who have touched his or her life. It is a time that we say funerals, which are truly a celebration of life, are for all of us not just the person who has died. We all need time to grieve, to share those memories no matter whether they are happy or sad.

So as all of us move forward, we need to continue to reach out in love, peace and joy to not only those who are hurting but to all that we meet each and every day. Those are the gifts that will get us through these difficult months ahead because none of us know how long it will take to find a vaccine. As I always say, Be Gentle with You and with each other and know that God walks by your side or leads you every step of every day.

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