

Lockdown

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.
Yes there is isolation.
But there does not have to be
loneliness.
Yes there is panic buying.
But there does not have to be
meanness.
Yes there is sickness.
But there does not have to be
disease of the soul
Yes there is even death.

But there can always be a rebirth of Love.

Wake to the choices you make
as to how to live now.

Today, breathe.
Listen,
behind the factory noises of your panic
The birds are singing again
The sky is clearing,
Spring is coming,
And we are always encompassed by Love.

Open the windows of your soul
And though you may not be able
to touch across the empty square,
Sing.

*by Brother Richard Hendrick,
a Capuchin Franciscan*