

Reflection Monday Week 14 2020

One of the simple and everyday gestures that we miss because of Covid-19 is shaking hands. The power of touch is so essential in life - we would die without it. It is said that if a new born baby is not held, not touched, it would soon die no matter how much it was fed. Jesus reveals the power of touch and its life-giving qualities in the gospel. The woman with the haemorrhage touches him and is cured. Jesus touches the hand of the little girl and she rises up to life. We hug people we have not seen for a while or on return from a short absence. Ultimately, it is an expression of love, of goodness, of affirmation. Most of the sacraments involve touch; anointing in Baptism and Confirmation; the giving of the Eucharist in the form of bread and wine; the anointing of the sick. The bride and groom hold hands as they commit their lives to each other and to God. The priest is anointed on the hands. The power of touch brings life and power and affirmation. Macrina Wiederkehr OSB writes:

"I wind in and out of people's lives. Having touched them, I am blessed. Having touched me, they are blessed. Our roots are deepened. Our wings are strengthened. We have given each other grace to live more deeply."

I will believe the truth about myself no matter how beautiful it is:

I believe in my power to transform indifference into love.

I believe I have an amazing gift to keep hope alive in the face of despair.

I believe I have the remarkable skill of deleting bitterness from my life.

I believe in my budding potential to live with a nonviolent heart.

I believe in my passion to speak the truth even when it isn't popular.

I believe I have the strength of will to be peace in a world of violence.

I believe in my miraculous capacity for unconditional love.

I will believe the truth about myself no matter how beautiful it is. Macrina Wiederkehr

In touching someone, anyone, you pass on your beauty, your hope your peace and healing, your passion, your unconditional love along with the miraculous love of Jesus!!!

Sit down before reading these!!!

- **What goes down but doesn't come up?** **A yo.**
- **What's E.T. short for?** **Because he's got little legs.**
- **What do you call a fly without wings?** **A walk.**