

## Reflection Tuesday Week 21 – 2020

We usually do our cleaning in spring but Jesus is calling us to do that today. Health people will tell you that, if you have peace and calm on the inside, it will show on the outside. You will feel healthier and better, and have more energy and zest. Stress and worries only hinder and lead to depression and sadness which will also show on the outside. Paul prays that the Thessalonians will receive **hope** and prays that we will receive **hope** too. Maybe, if we focus on hope, there will be less room for worries and stress and more room for God which will always be more positive and uplifting. What are your hopes apart from an end to the pandemic and a resolution to Covid 19? Some of the hopes must include the lessons we have learned from the pandemic and the lockdown that still rears its ugly head here and there. It is clear that life will not return to the way we lived before. For too many, the future is fraught with difficulties and challenges and their hope will be that they will make their way through it all and come out stronger and with a new understanding of the importance of various virtues: love, care, compassion, generosity, kindness, gentleness and perseverance as well as forgiveness and reconciliation. The elderly among us have likened the lockdown to the time just after the war when there was queuing for food which was rationed, little money for luxuries and making do with what you had. Evenings would be spent sitting round the single fire in the home, telling stories, reading and, yes, having disagreements and arguments. However, all of them will tell you that they came out of those days stronger and more appreciative of life, of family and friendship.

**This can also be our hope!**

Brother 1 to Brother 2: "What do you want to be when you grow up?"

Brother 2: "A doctor!".

Brother 1 (*wanting to tease him*): "I wouldn't be treated by a doctor like you." Brother 2 (*without batting an eyelid*): "Brother, I said a **doctor** - not a **vet**"