

## Reflection Wednesday Week 1 Advent 2020

There is a certain irony in our readings today that speak of banquets and the feeding of the multitude when there are many communities that are struggling to survive. Even given food there is no money for electricity to heat their homes, no possibility of work, every day is a struggle to survive and the future, under the tier system, is bleak. For these communities, dignity, decency, self-worth, personal value are but hopes and dreams that struggle to stay alive if they have not already been snuffed out. It not only shows us how truly fortunate and blessed we are but also that we must do everything possible to prevent the deadly virus from growing by not becoming carriers, by wearing masks, maintaining social distancing and washing our hands regularly; and not do anything that keeps the virus alive longer than needs be. We are often unaware of the troubles, tragedies and difficulties people have been through, or are facing. It is of utmost importance, therefore, that we treat everyone we encounter with the deepest respect and reverence in recognition of their Creator. Although difficult, keep an eye on the lonely and self-isolating, find ways to offer and show support. This is what the good shepherd would be encouraging us to do at this time.

### **Alone Together** Victoria Calleja

There are gaps and walls between us, yet we're close because we care,  
and the distance is diminished, for there's one enemy we share.

You know your friends all have their struggles, so you try to hide each tear,  
but there's no use holding back; it can unite us too, our fear.

We are alone but still together, each one faced with the unknown,  
and our friends we must rely on as news chills us to the bone.

And yet fear feeds on our weakness, births the darkness in our mind.  
We can choose the hopeful path, and some sweet solace we might find.

It's our actions that define us - our thoughts, our will, our ways.  
We are all in this together. Soon there will be better days.

### **A Prayer in a time of coronavirus**

Working for your kingdom, Lord Jesus, give us the grace to hear your voice,  
and the strength to continue working for your kingdom in this time of pandemic.  
Do not allow us to be indifferent to those who today suffer the loss of a loved one, or who  
suffer from the absence of work or destitution.  
But give us the courage to accompany and offer sympathy to those who suffer violence or  
injustice. Amen.

*Cafod Prayer: Javier Eduardo Martinez Rueda from Colombia. Javier is team director at Programa de Desarrollo y Paz, an organisation working on peacebuilding as part of our Hands On Magdalena Medio project.*