

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  IT


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  IE

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   

-from Richard Hendrick (Brother Richard) in Ireland
March 13th 2020