

Webcam Broadcast C-19 26+3

Hello Everyone! I hope you are all safe and well.

It's Monday 19th October 2020.

My basic Message this Monday is:

Start taking some small steps now that will leave you in a good place in the event of further restrictions being imposed by Government due to the continued and increasing spread of Covid-19.

Everyone will feel sad at the prospect of further restrictions. But we do have within us the capacity to change and adapt.

I read recently that in Ireland people check their mobile phone on average 58 times each day.

Subsequently I passed by a group of teenagers who were all on their smart phones, and I began to wonder,

What will really sustain us through this Pandemic?

We are beginning to realise that it will not be over soon.

We are dealing with a challenge that has no end-date in sight, and it looks as if restrictions will soon be increased again.

So, I wonder, what is going to sustain us through the uncertain times ahead?

Smart phones may have their place. But I suspect it will take something more to see us through.

I suggest that it would be wise for each of us to work out a little Plan for the time ahead. Nothing fancy, just simple.

First on the list should be the basics of getting enough sleep, enough exercise and enough proper food each day.

Next I would suggest having plenty of hearty laughs, listening to good music - which would include the sounds of nature - and seeing the beauty all around us, such as is in abundance in Autumn time with the shapes and textures and colours of seeds and leaves and foliage.

Maybe now is the time to do something in the garden, like planting some bulbs that will flower in spring.

We are heading into winter now. Heating could be an issue. Have you access to the fuel you will need: central heating oil, solid fuel and so on? Do you need help with this? Who can help you?

Maybe write out a list of concerns and fears you have at this time. What can you do to address each item on your list?

If isolation and loneliness are a concern for you, then arm yourself with information like the Alone Phone Number 0818 222024. Use it if you need to.

Think back to the lockdown last Spring. What and who helped you then? Can you make those connections again?

Stay connected with family and friends and neighbours. And look out for others. Is there someone you know who may need help? Who can come to their aid?

Taking a step further - The Gift of Faith is an important anchor and asset in turbulent times. This is a scientific fact.

Faith is about Reassurance when we are assailed by difficulties that overwhelm us.

Faith is about Consolation when we feel overcome by events and doubts.

Both Reassurance and Consolation come to us as a gift from the hand and the love of God.

Jesus had to face overwhelming odds in his time of trial.

Jesus put his Faith in the power of God, whom he addressed as Father, to see him through his ordeal.

And we know the outcome. God rescued Jesus from death.

What is most noteworthy about all this is that it happened for our sake.

All this happened to absorb all our worries.

We can have the Faith of Jesus to see us through the difficulties that come our way, such as this present scourge of the Covid-19 Pandemic.

We have the gift of prayer. We can say our basic prayers repeatedly through the day: the Our Father, the Hail Mary, the Glory be to the Father. We can pray the Rosary.

The Jesus Prayer has sustained many through the trials of life. Repeat it again and again, tens or hundreds or thousands of times as necessary:

Lord Jesus Christ, Son of God, have mercy on me a sinner!

We all feel a bit unhinged by the prospect of continued uncertainty and isolation. But we trust in what has been tried and tested through the centuries.

Be gentle and patient with yourself. Tóg bog é.

Stay in touch with the Parish Website.

Join the virtual parish congregation for the Parish Webcam Mass.

For the moment, this is one of the new ways available to us to express our Faith in worship.

Until next time.

Keep safe.

Slán agus beannacht.