

## **I am doing something new**

When we welcomed 2020 we never could have imagined what lay ahead. As we adapted to not being able to do our normal things we reached for something new.

Perhaps take a moment to reflect on those things that we previously took for granted: -

They may include:

- Freedom to visit family, visit nursing homes and hospitals
- going out to Mass, going to funerals, going to matches
- going for a cup of coffee
- shaking hands, getting/giving a hug

Now take another moment to think of the new gifts in your life:

- Walking - hearing the birds more clearly; seeing more butterflies and bees
- seeing more unusual plants that got a chance to grow
- writing and receiving letters
- learning new skills - new recipes, WhatsApp, zoom, webinars
- reading more books, listening to the radio/tv or not, listening to music
- gardening

We are experiencing a new normal, a new way of being became part of our daily living. Perhaps we became more aware and more appreciative of our immediate environment....

*It is our humble conviction that the divine and the human meet in the slightest detail in the seamless garment of God's creation, in the last speck of dust of our planet.*

*Each creature has its own purpose. None is superfluous. The entire material universe speaks of God's love. God's boundless affection for us. Soil, water, mountains: everything is as it were, a caress of God. (Pope Francis, Laudato Si')*

### **Let us give thanks:**

Come Holy Spirit, help me to replace the busyness of my life with a simpler lifestyle, so that I will focus on the "deeper things" in life and allow time for others.

Fill me with trust in your loving presence. Calm me when I am anxious and troubled about many things.

Help me to have the courage to empty myself of everything that does not contribute to the transformation of this world.

Recreate me, that I in turn may give new life to another person, to earth's creatures and to the Earth itself.