

Reflection Resources for pandemic times



1 Ground Yourself

Be as present in the moment as you can.

Immerse yourself in natural beauty.

Make time for prayer and reflection.

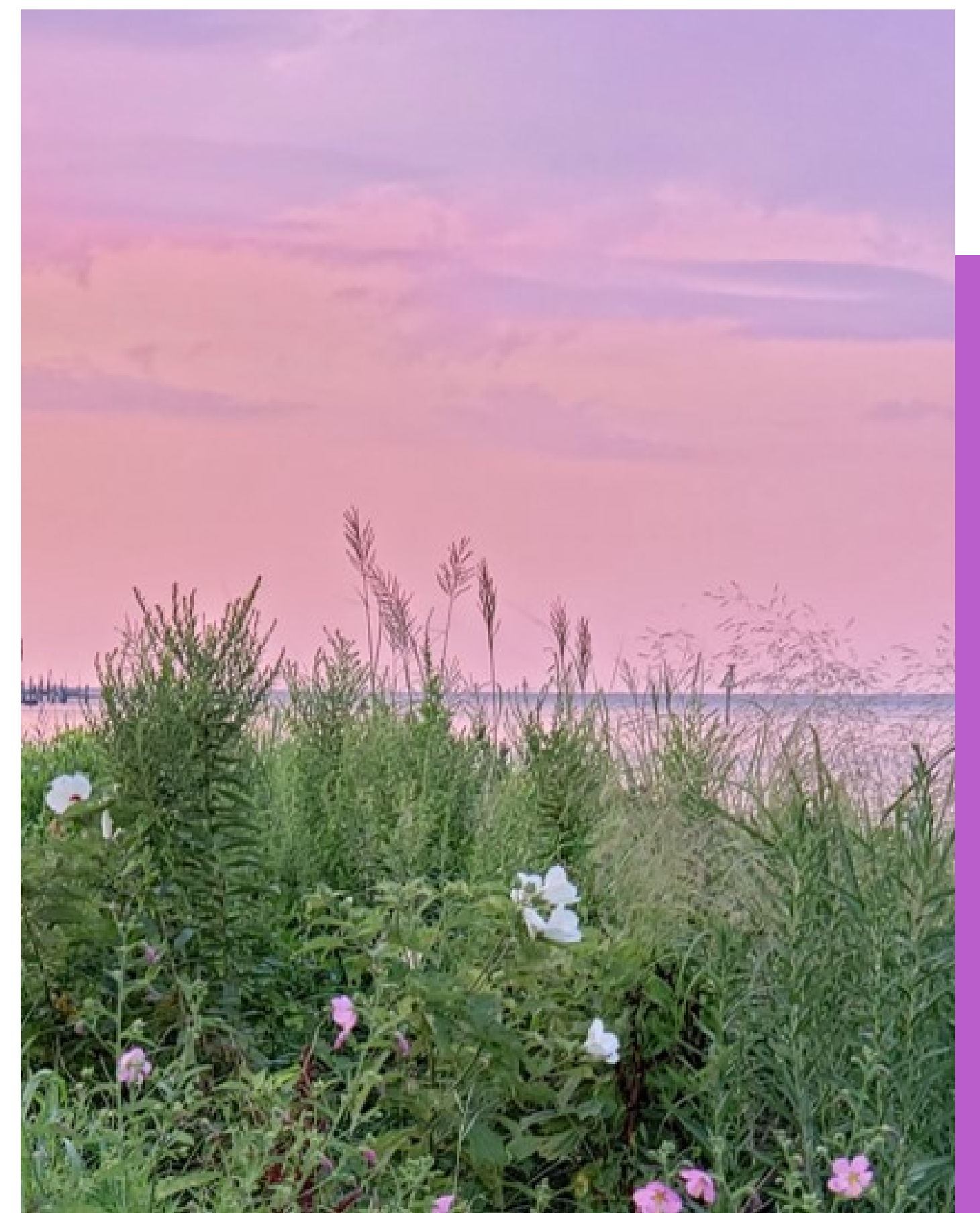
Breathe in and breathe out.

Live gently.

2 Listen for wisdom

“Suffering breaks our hearts, but the heart can break in two different ways. There's the brittle heart that breaks into shards, shattering the one who suffers as it explodes, and sometimes taking others down when it's thrown like a grenade at the ostensible source of its pain. Then there's the supple heart, the one that breaks open, not apart, the one that can grow into greater capacity for the many forms of love. Only the supple heart can hold suffering in a way that opens to new life.”

Parker Palmer - *On the Brink of Everything*



Listen to what your heart is telling you, even in the midst of suffering, anxiety or uncertainty.

What wisdom do you hear in the solitude?
In the quiet? In the slowing down?

"Here is an unspeakable secret: paradise is all around us and we do not understand. It is wide open. The sword is taken away, but we do not know it: we are off 'one to his farm and another to his merchandise.' Lights on. Clocks ticking. Thermostats working. Stoves cooking. Electric shavers filling radios with static. 'Wisdom,' cries the dawn deacon, but we do not understand."

Thomas Merton, *Conjectures of a Guilty Bystander*



3 Nurture Peace

"Creativity of love can overcome social isolation."

Pope Francis

How have you experienced the creativity of love these months? As giver? Receiver? Witness?

Pope Francis describes the present moment as a "propitious time" to be open to the Spirit, who can "inspire us with a new imagination of what is possible." He recalls that the Spirit does not allow itself "to be closed in or manipulated by fixed or outmoded methods or decadent structures" but rather moves us to "make new things."

"This work is about emergence — unpredictable, but with direction. Emergence as we engage in transforming our global and local community with open arms embracing a paradigm shift — one arm is steady in who we are BEING, what we stand for, our universal values; the other arm opens to making the changes in the world, the world we dream about and want to live in. These two bookends of our emergence — who we are BEING and the results we deliver — are foundational and always present. We need both — an orientation toward results as well as the inner knowing and confidence in what we stand for — to manifest our greatness, and to challenge the false dichotomy between *being* and *doing*."

Monica Sharma, *Radical Transformational Leadership*

How might you nurture peace in this transformation moment?
What are you called to embrace? To learn? To create? To be?



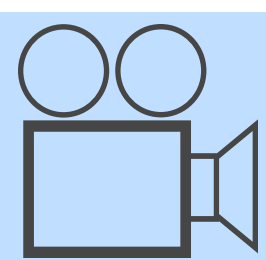
4

Take time to reflect

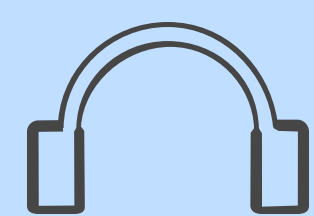
Find more

Video Prayers

<https://www.youtube.com/user/susanrose1972/>



Watch



Listen

Song: "The Brink of Everything" by Carrie Newcomer

link: <https://bit.ly/pandemicCarrie>

Video Prayers by Susan Rose Francois, CSJP

No one is an Island, set to music by Audrey Assad

link: <https://bit.ly/pandemicisland>

Watch and Pray, set to music by Taize Community

link: <https://bit.ly/pandemicwatch>

Be Still, set to music by Kathy Sherman, CSJ

link: <https://bit.ly/pandemicbestill>

And Jesus Said, set to music by Tony Alonso

link: <https://bit.ly/pandemicJesus>

What is the state of your heart?

Where, when, how are you experiencing God these days?



Read



Pope Francis

- Pope Francis shares his vision for COVID-19 aftermath (America Magazine, April 17, 2020) - link: <https://bit.ly/pandemicPope1>
- Pope Francis Urbi et Orbi message on calming the storm (March 27, 2020) - link: <https://bit.ly/pandemicPope2>



Global Sisters Report

- Pandemic Ponderings: How will we be different? by Susan Rose Francois, CSJP (April 24, 2020) - link: <https://bit.ly/pandemicGSR1>
- Good Friday in the COVID-19 ward by Mary Catherine Redmond, PBVM (April 23, 2020) - link: <https://bit.ly/pandemicGSR2>
- Pandemic time becomes another novitiate time by Gabriel Bibeau FMI (April 17, 2020) - link: <https://bit.ly/pandemicGSR3>



Sisters of St. Joseph of Peace

- Back to Basics, when chaos surrounds us (Living Peace, Summer 2019) - link: <https://bit.ly/pandemicPeace1>