

A Moment of Reflection

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
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

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
Richard Hendrick



