

A Mid-day Meditation
From Sue's Perspective

Jesus said, "...I am with you, always..." - Matthew 28:20

Over the past few weeks, I have spoken with a number of my friends who are finding themselves suffering from cabin fever – you know that feeling, the one where you think that you will never be able to leave home and see anything or anyone other than those who are with you where you are. We most often get this feeling after we have been storm-stayed for days on end in the midst of winter. Yet here we are in the springtime of the year and there has set in a sense of aloneness.

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For almost the entirety of the Lenten season we have been asked to isolate ourselves and to keep our distance when we need to be in the public arena. They called it "social distancing." As time has gone by, I hear people calling it "physical distancing" because the last thing that we need in this trying time is to be socially distant.

We need to continue to be socially close to each other, through whatever means we can – be it telephone, computer technology or mail. People need to know that they are being thought about, cared about and prayed for by others. People need to know that they matter.

Jesus said, "...I am with you, always..."

We have been asked, as clergy in the Diocese of Huron, to keep a Eucharistic fast over Easter. For those of us who are able to celebrate in our homes, we have been asked to stand in solidarity with everyone in our church family, and not celebrate the Eucharist. That is a very difficult thing for some of us because Easter is the basis of who we are as Christians and the Eucharistic feast is our nourishment. It is in the Resurrection that we place our hope. Yet, here we are at home fasting from heavenly food and to some it seems hopeless.

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It is now that we must remember that the nourishment we get is not solely from the bread and wine of the Eucharist. Nourishment comes equally from the word of God as we have it in scripture. Nourishment comes to us through the words of the prophets, the words of the Gospel writers and the words of Paul and other letter writers. Nourishment comes to us through prayer. If we do not have the Eucharist this Easter, we will not starve for we have all these other ways of being fed. Jesus comes to us in myriad ways.

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Let us pray,

Most glorious God,

Together we face this trying time that is before us.

Together we weather the storm.

Together we uphold your people in prayer.

Together we connect to remind each other that

Jesus said, "...I am with you, always..."

Together we rejoice in your redeeming love.

Amen.