

## **A Daily Meditation – Putting Skin on Your Prayers**

A four-year-old woke one night, frightened, convinced that in the darkness around her there were all kinds of spooks and monsters. She ran to her parents' bedroom where her mother comforted her then took her back to her own room. She put on the light and reassured the child: 'you needn't be afraid. You are not alone. God is right here in this room with you.' "I know God is here," the child replied, "but I want somebody with skin on."

In his book "The Holy Longing," Ronald Rolheiser uses this story to introduce thoughts on the time when God did come to us with skin on and to discuss ways of putting skin on our prayers; another way of expressing what James wrote about when he warned that it is not enough to say to a needy person, "I am praying that you will be warm and well fed."

During this time of pandemic, caring citizens are putting skin on their prayers in many ways:

- Health care workers on duty extra hours caring for those suffering from a highly contagious disease.
- Clergy and laity who bring worship services into our homes.
- Musicians who give of their time and talent to brighten the day of those isolated in nursing homes.
- Those who use their technological skills to keep families and friends in touch and to conduct meetings.
- Neighbours who share food to reduce trips to the grocery store.
- Those who sew masks and distribute them to anyone who needs one.
- In an area of seniors' homes in Lion's Head, a volunteer drives through the streets twice a day, checking signs in the windows. A green card with a happy face indicates that all is well; a red card is a request for help. It may be grocery shopping, a pick-up at the hardware or pharmacy, or a phone call to ease the loneliness of this time of isolation.

In putting skin on their prayers in different ways, all these caring people are serving as the hands and feet of Christ in the world.

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