

CLONGUISH PARISH NEWSLETTER

APRIL 19th. 2020

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A Time to take stock

Covid-19 has disrupted our lifestyles, our work and our way of communicating with each other. We've all adjusted our routines. And a striking benefit of having to slow down and spend more time in our homes, is that it gives us a chance to reflect. What or who is ultimately important to me? Where is my life going and what are my values?

This time of national and personal 'hibernation' provides us with an opportunity to take stock.

It makes us reach out-if not physically- to connect with our loved ones. The cruel irony of the pandemic is not lost on us: never have we so needed and depended on each other, yet never have we been so obliged to stay apart. Staying at home is the new way of loving our neighbor.

From a faith perspective the Christian response can range from Jesus' cry of abandonment on the cross: "**My God, my God, why have you forsaken me**" to his act of entrustment: "**Father, into your hands I commend my spirit**" The resurrection of Jesus grounds our hope that we too will triumph over suffering and death.

Will some good come from this crisis? Right now we see a huge outpouring of solidarity with those who are working on the front line – those providing essential services and our health professionals. All this has brought us closer together in a common cause. Let us hope the atmosphere of solidarity and sacrifice will continue when normality is restored.

Declan Marmion and Ann Guinee, Maynooth College, in the Irish Catholic.

Psalm 71

In you, O Lord, I take refuge;
Let me never be put to shame.
In your justice, rescue me, free me;
Pay heed to me and save me.

Be a rock where I can take refuge,
A mighty stronghold to save me;
For you are my rock, my stronghold.
Free me from the hand of the wicked,
from the grip of the unjust, of the oppressor.

It is you O Lord who are my hope,
My trust, O Lord, since my youth.
On you I have leaned from my birth,
From my mother's womb you have been my help.
My hope has always been in you.

My lips are filled with your praise,
With your glory all day long.
Do not reject me now that I have aged;
When my strength fails do not forsake me,

O, God do not stay far off;
My God make haste to help me.

