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Slow Down

This is a time to be slow, Lie low to the wall Until the bitter weather passes Try, as best you can, not to let The wire brush of doubt Scrape from your heart All sense of yourself And your hesitant light. If you remain generous, Time will come good; And you will find your feet Again on fresh pastures of promise, Where the air will be kind And blushed with beginning,

(John O'Donohue)

Prayer in time of Corona-Virus

Almighty and all loving God, Father, Son and Holy Spirit,

We pray to you through Christ the Healer For those who suffer from the Coronavirus Covid-19 In Ireland and across the world.

We pray for all those who reach out to those who mourn the loss Of each person who has died as a result of contacting the disease.

Give wisdom to policy makers Skill to healthcare professionals and researchers, Comfort to everyone in distress And a sense of calm to all of us in these days of uncertainty.

This we ask in the name of Jesus Christ Our Lord Who showed compassion to the outcast, acceptance to the rejected And love to those to whom no love was shown. **Amen.**

Archbishop Michael Jackson (Church of Ireland)

Saints in time of plague

Saint Roch is one. He is the patron saint of sufferers from the plague. You can fill a bottle with water from **St Roch's** well, on the site where he was born in **Montpellier** (France) in the fourteenth century. When a cholera epidemic was raging through the neighbouring towns in southern France in 1854, Montpellier was spared.

Saint Rosalia is another. There is a painting by Anthony van Dyck in the Metropolitan Museum of Art in New York of Palermo's patron saint. St Rosalio. It dates from the summer of 1624 when the city of Palermo was quarantined. When the Sicilian city was in lockdown the residence of the city turned to Saint Rosalia to intercede for them.

And then there is **St Corona**.!! (Its true). According to the **Roman Martyrology**, she met her death in the third century. When a Roman soldier called Victor was discovered to be a Christian, he was subjected to terrible tortures. However, a 16 year-old girl called **Corona** was so moved by his suffering that she comforted him. For her kindness to a Christian Corona was put to death. Her feast day is 14th May. There is a church dedicated to **Victor and Corona** in the village of Anzu, outside the town of Feltre in northern Italy. The town is now under lockdown.

St Corona, pray for us, that we might have a scrap of your faithfulness, compassion and courage.

Sourced from The Tablet magazine, the International Catholic weekly.

May your love be upon us O Lord as we place all our hope in you.