Reflection for Wednesday, March 25, 2020

God is good, all the time….all the time, God is good! St Paul's uses this affirmation in worship. Say it, and recall the response that I offer.

I am in self-isolation now and looking to get "out" by Friday. I don't know of many people who unknowingly choose this manner of living. Along with my two brothers, we were quarantined due to a measles outbreak, and before that the polio epidemic in the early 1950s hospitalized my brother in a city hospital miles away, and left my parents with two younger children in quarantine. It was a challenge for parents of 3 children under the age of 4. Perhaps you can identify similar times in your life.

This current isolation and quarantine has been thrust upon us, and it is a new way of life. I am quite aware of less traffic on the road, fewer airplanes in the sky on approach to Ottawa, something that happens regularly early in the morning, mid-afternoon and then early evening in busier times. The rhythms of life and work have either been changed or eliminated. We discern what is essential and what is not; needs versus wants, trusting that God supplies our basic needs (Psalm 23).

There are times though, when I have knowingly immersed myself in a silent retreat. Not talking at retreat meal times or in the library or garden. It is a practice of slowing down one's breathing, mind, and listening to the voice of God. The still, small voice of God. "Be still, and know that I AM GOD" Psalm 46.10 Every once in awhile, though, I would find myself talking out loud to myself or, really, to God. In these silent times the question is: What is God teaching me through this silent time? How do I re-order my life in God?

The grey sky of today has now turned to sunshine. It is time to go outdoors to see the goodness of God in all that creation holds for this time. God is good, all the time.

Have a read of Psalm 46. It is the inspiration for a favourite hymn of Martin Luther: "A Mighty Fortress is our God". We will sing together once again, in due time