

## YOU WERE ASKING by Msgr. P. Stilla

### THE BIBLE READINGS & PRAYERS FOR THIS SUNDAY'S MASS:

- Read: **on pages 3 to 10 below, in this Bulletin** AND,
- Click on: **"COVID-19 Parish Updates"**, on the Home Page of this website.

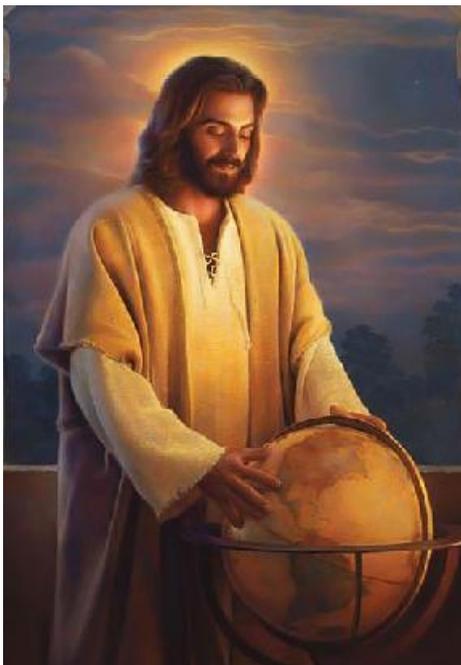
**Q.** As we continue to muddle through these uncertain times of physical distancing, lockdowns and church closures, I am finding it very difficult to pray in thanksgiving to God for his help in times of need. Why be thankful when today there seems to be so little for which to give thanks?

**A.** I am certain that like you, many persons of Faith today are asking themselves this same question. We know that setbacks in one's life happen to all of us and they often do when we least expect them. At times they seem manageable but at others, they threaten to overwhelm us, especially when we find ourselves in the midst of them. Of course, we also know that when these pass, the stress they caused us rarely comes to mind again.

The 'Information Overload'

Most of us may be feeling the way you do because our focus lately has primarily and almost exclusively centred on the pandemic that we are experiencing. This is not surprising, since it seems that from the moment we rise in the morning to the time we retire at night, we hear of little else on television, radio or

online; whether we tune into news programs, talk shows, current documentaries or even call-in shows. The information, as useful as some of it is, always centres around different aspects of the current pandemic. This constant coverage, though it may help us to understand aspects of this virus and ways to keep ourselves safe, can also frighten and distress us. This 'information overload' often makes us obsess about the negative and uncontrollable aspects of this crisis. It prompts us daily to, 'think of the glass half empty instead of half full', as they say. It is helpful in



our personal prayer, to distance ourselves from this constant concern for 30 minutes each day, and to reflect on the the many positive and sometimes overlooked aspects of our lives, like:

· The Precious Gifts of Life and Good Health  
Be it strong or sometimes all too fragile, life and our health are precious gifts that we often take

for granted and for which we should always give thanks;

· Personal Faith and Reason

We are also thankful to God for the gifts of Faith and reason and for the ability to think, to know and to work well with others;

· The Gift of Family and Friends  
Without the love and support of persons who truly care for us, life would be lonely and dismal. We thank the Lord for all of them.

· The Talents and Gifts of Many  
We praise God for our own gifts and for the talents and drive that

He gives to medical researchers, virologists and so many others who seek to find cures for complex medical conditions, including this one;

· The Joy of Freedom and the Bounty of Earth  
We ask the Lord to help us appreciate now more than ever, the importance of personal freedom, shelter and food which we often take for granted.

· The Hearts of Those Who Promote Good  
We give thanks for healthcare professionals, physicians, nurses, clergy, hospital staff workers, front-line workers, volunteers and so many others who continue to support us in times of need.