

## Reflections by L. Finlay

As we began the year 2020, little did we know, that before very many weeks had gone by, that we would be thrust into a full blown 'state of emergency'. This condition not only is affecting us here locally, but has very rapidly spread over the whole world. During the past few days, it has been very hard to even try to keep up with all the changes, which are both local and world-wide.

Knowing that this is a very serious situation, there are several ways in which we can react. We can use this time of being confined mainly to our individual homes, as a time of blessing instead of a time to let fear paralyze us and completely cloud our thoughts. This time can be used as a real good time of 'reaching out' to others.

First of all, this time of uncertainty can be used in our spending more time with God: reading and meditating on His Word and also spending time with Him in prayer, asking for our protection, but also for the protection of others around us. God is the only giver of 'real, lasting peace'.

This time can be used as a real good opportunity to 'reach out' to others and offer 'hope and encouragement' to each of them, who live alone, elderly or vulnerable. We can use many different methods to accomplish this....by phone, texting, email and social media. Another suggestion might be to forward to them an inspirational quote or photo. There are many ways for us to be a 'little ray of sunshine' in these dark times.