

March 28, 2025

Daily Reflections

Journeying through Lent



Center for Spiritual Development

EXTRAORDINARY

By Julie Mussché

A Quote

“Everything that is done in the world is done by hope.”

MARTIN LUTHER

Reflection

Can you believe it has been over five years since the COVID lockdown? Did you know the CDC has an online COVID Museum? It tracks the entire pandemic timeline and critical milestones. How quickly we moved to a different realm of being. Circles of social distancing on the floors of necessary business or service establishments; masking; online social interactions, celebrations, and worship; and the ubiquity of illness and loss -- all part of the COVID normal. We celebrated first-line responders and collectively mourned those who had succumbed to the fast-moving virus. Scientists came together and worked

collaboratively at a remarkable pace and globally to produce a vaccine to respond to the scourge.

For me some of the memories include the loss of friends and acquaintances, some from COVID but not all. Because of the situation, funerals or memorials were delayed. This reality was stark and isolating. The time also invited changing formation programs to an online format, and offering spiritual direction via Zoom or telephone. Holidays were celebrated but with social distancing or online. One special recollection, an online seder with folks from all over the country. While it seems like a blur in some ways, the impact of this time was indelible.

While offering a session on loss recently, and in reference to the impact of post-traumatic stress, one participant commented that younger people would significantly carry the emotional scars of this period. Loss of life, in some cases parents or caregivers, isolation from peers, surrounding economic or housing insecurities, and the constant bombardment of information online, all anxiety-producing on an existential level and with limited experiential context.

As a “boomer” there was at least an understanding of pandemics. Maybe parents or grandparents had lived through the Spanish Flu or polio epidemics. I grew up getting vaccinated for polio, smallpox, measles and mumps and marveling at the burgeoning science of epidemiology. While the COVID period was frightening and just plain awful, at least there was some understanding that COVID was not an exceptional anomaly. For the younger generations, and with appreciation that each person’s situation varies, it is becoming clear that these impacts are far-reaching.



Remnants of Homes Damaged Hurricane Sandy, a Commemorative
Photo by Julie Mussché

Reflective Intention

So let us pray, for healing of mind, body, and spirit, and for resilience in the face of trauma for all generations. Let us also call to mind all those who have been lost to us from illness and disease and those who continue to struggle from the long-term effects of COVID. Let us likewise offer prayers of gratitude for those on the front line of tragedies and disasters who face danger with courage and purpose. And, let us remember to thank God for the gifts of faith, hope, and charity, all which carry us through challenging times and unite us as God's children.

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