

April 26, 2020

No sunshine today to brighten our spirits. Instead, we need to look inside our hearts for the rainbow that will help us to see sunshine and send it to another. I bet I am not the only one with so many thoughts racing through my mind and wondering what tomorrow will bring. I just read an email from an associate in my community with pictures of her granddaughter who is autistic. She is unable to speak at all. She is three and the pictures are of her looking up into the sky. So beautiful, but what does her little mind/eyes see that we cannot? What does she wish she could tell us? What is there in our hearts that we want to scream from the mountaintop? That we want someone to know and maybe think he/she won't get. So instead I/we keep hidden, locked in our hearts and share only with my God. These days are extremely painful and difficult for each one of us and I hear over and over from people that are hurting so deeply they want it over but they also know that isn't possible. How do we reach out to that person who has a loved one in the hospital that they cannot visit? Maybe not even talk to because they are so seriously ill. What about that family member, friend who has died alone but not really alone. Instead an Angel stepped in for you talking about your love for him/her and giving that person your permission to die. It feels so different, so foreign, so wrong but instead it is so right, so today. I wish deep in my heart I had the right words to comfort those people but no all I/we can do is listen with an open heart and send our love to them. No, we can't do the normal thing; give them a hug, sit and be present to them, share a meal with them. No the energy, warmth, peace and love we send them has to be enough. For me these are very painful days. Being a chaplain I am so use to sitting with that dying patient/family so they don't feel so alone but my/our sitting with is done with a phone, FaceTime, zoom or some other technology. Hopefully that will be enough. Today and everyday let us remember our family, friends and those throughout the world because this pandemic affects every single one of us. This is a journey we are all on. For some unfortunately, the pain is so much more brutal. So, as we go forward let us hold all in our hearts and reach out to God for strength to get up each day and face the challenges that are before us. None of us knows what

tomorrow will bring. Each day is a gift. May God's blessings and peace be upon each of you. Be Gentle with You and Each Other.

Sister Pat Fesler, HM; Pastoral Assistant