

Keeping Our Spirit Strong

Fr. Matt Hillyard, OSFS.

In times of uncertainty, such as this time of isolation due to COVID-19 quarantine and shelter-in-place directives, taking time to reflect becomes essential. As we continue to look for ways to navigate this time at home, I find that these ten phrases keep my spirit strong and so, I share them with you.

1. Even though this virus is a pain for so many, I do not have to be one. (Adapted from Maya Angelou)
2. Be patient with everyone, above all yourself. (St. Francis de Sales)
3. Be still and know that I am God. (Psalm 46)
4. Repetition is good: Wash your hands; Don't touch your eyes; Love one another.
5. Do not let your hearts be troubled; you have faith in God, have faith also in me. (John 14:1)
6. Do not worry about tomorrow with its cares and concerns. Live only for today with its cares for when tomorrow arrives, it too will be called today. Live today well. (St. Francis de Sales)
7. You are unique, an irreplaceable, irrepeatable work of God: Be who you are and be that thoroughly well. (St. Francis de Sales)
8. Live four-letter words: Live, Love, Give, Tell, Open, Hear, Hope, Sing, Gasp, Fall, Lift, Amen. These give us Life.
9. Fear and hate, as well as other four-letter words, should be avoided because they do not give us life and only remind us that we are not being the very best of who we are.
10. The first gift of the Risen Lord to His disciples was peace. Peace be with you. In the midst of their, anguish, sadness, despair, confusion, and loss, He offered peace. Peace be with you and your families in these uncertain days. Peace, because it is Easter. Our peace has to end with Alleluia because that is our calling and anthem. Peace, Alleluia! Alleluia! Alleluia! Alleluia!

Live Jesus!

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