**Lockdown**

Yes there is fear.

Yes there is isolation.

Yes there is panic buying.

Yes there is sickness

Yes there is even death.

But,

they say that in Wuhan after so many years of noise

you can hear the birds again.

They say that after just a few weeks of quiet

the sky is no longer thick with fumes

but blue and grey and clear.

They say in the streets of Assisi

people are signing to each other across the empty squares,

keeping their windows open so that those who are alone

may hear the sounds of family around them.

They say that a hotel in the west of Ireland

is offering free meals and deliver to the housebound.

Today a young woman I know is busy spreading fliers with her number

through the neighborhood so that elders may have someone to call on.

Today churches, synagogues, mosques and temples are preparing to welcome

and shelter the homeless, the sick, the weary.

All over the world people are slowing down and reflecting.

All over the world people are looking at their neighbors in a new way.

All over the world people are waking up to a new reality to how big we really are.

To how little control we really have.

To what really matters.

To love.

So we pray and we remember that

Yes there is fear.

But there does not have to be hate.

Yes there is isolation

But there does not have to be loneliness.

Yes there is panic buying.

But there does not have to be meanness.

Yes there is sickness

But there does not have to be disease of the soul.

Yes there is even death.

But there can always be a rebirth of love.

Wake to the choices you make as to how to live now.

Today, breathe.

Listen, behind the factory noises of your panic.

The birds are singing again,

The sky is clearing,

Spring is coming,

And we are always encompassed by love.

And though you may not be able to touch across the empty square.

Sing.

 By Richard Hendrick (Irish Franciscan)

