



The Uninvited Pause

By Anne Ryan, Spiritual Director

We find ourselves living in unprecedented, disruptive times.

Many of the patterns that we have grown so accustomed to in life have been interrupted resulting in a halt to the many ways of daily living. While this is a time of extraordinary fear and suffering, of great personal loss and sacrifice, of uncertainty and financial hardship, it is also a time of graced opportunity, a sacred invitation. The call is to dive headfirst into the inner dimensions of ourselves.

With nowhere to go, forced to stay in place and less to do, we have the chance to connect, align, grow and awaken our hearts to greater love and compassion. Like no other time in the span of our lives have we been brought to such a STOP as this. Will we use this time and take a long, loving look at “what is?”

Our daily rhythms of DO, DO and DO SOME MORE left us little time to notice; to look at what we were doing and why were we doing it. How often can we hear ourselves saying “I don’t have the time right now, I’m just too busy” and thereby missing many people and occasions that could have enriched our lives and connected us deeper with one another.

Now, we ask, what are the real priorities in our lives? What do we want to hold onto and what do we want to let go? We have been given a giant wake up call. What truly matters to us is allowed to freely surface and get our undivided attention. What we have taken for granted astounds us, from simple things like grocery shopping and making plans with friends to giving and receiving hugs from the people we love. We turn to God during this experience as never before.

So as you explore more time for BEING rather than lifetimes of Endless Doing, may you find yourself drenched in gratitude for the many gifts of life. May a deeper sense of peace and harmony replace some of the fears and anxieties connected with such a time as this. Even in this time of physical distancing may you begin to experience a greater sense of connection than ever before. May you anticipate with great joy our coming together again as a parish family to celebrate the Eucharist in the real spirit of Easter, where hope outlives fear.

Here is the Heart of The Matter:

“Beneath or inside the life we lead everyday is another life that lives like a subterranean river. Beneath the ordinary world (story) of work family, ambition, money, pleasure and grief, there is another river (a more enduring story) that is deep and wide and carries with it abundance and healing. Here we will find the golden thread of purpose that will lead to our destiny.”

-Terry Chapman

Let us hold each other in prayer that each of us will make our way through this pandemic having become better for the experience and grateful for this wake up call we have been given; the uninvited pause.