

## Be Not Afraid

*By John Michael Talbot*

You shall cross the barren desert  
But you shall not die of thirst  
You shall wander far in safety  
Though you do not know the way  
You shall speak your words in foreign lands  
And all will understand  
You shall see the face of God and live

[Chorus]

Be not afraid  
I go before you always  
Come follow me  
And I will give you rest

[Verse 2]

Blessed are your poor  
For the kingdom shall be theirs  
Blessed are you that weep and mourn  
For one day you shall laugh  
And if wicked men insult and hate you all because of me  
Blessed, blessed are you

[Chorus]

Prayer Leader:

**Syndie Eardly**  
5/5-6/2020

Printed on 100% recycled paper

## Prayer in the Pandemic



Our prayer is characterized by silence ~

**Be still and know that I am God!**

In that silence we listen for a new word.  
God is present in all our lives.  
God cares for us, and  
our life experiences are a source  
of deepening knowledge of God and self.

Inspired by God's Word in the silence  
we share from our hearts.

**Renew · Refresh · Refocus**

14812 Lake Ave, Lakewood, OH 44107 | 216.228.7415  
centeringspace@srs charity.org | www.centeringspace.org

A Sponsored Ministry of the Sisters of Charity of St. Augustine

## **To Ponder**

### **Praying in a Pandemic**

*by Syndie Eardly*

I asked my friends, "What do we pray for during the pandemic?"

Do we pray for health and wellness for ourselves, or that the entire earth will be healed?

Do we pray that this bitter cup will be taken from our lips, or do we pray for God's will, not our will?

Do we pray for wisdom, that we may see in this moment the grace and goodness of a loving presence who will never leave our side?

Do we pray to find joy in the slower pace of life that allows us to listen more fully to our children, enjoy the birdsong of early spring, and pay attention the movement of the Spirit in our heart and life?

Do we pray for insight, that in the challenges of this time we may discover a purpose for our lives and talents and a pathway to express the fullest compassion for each other?

Do we pray with gratitude for a world whose previous focus on war, boundaries, acquisition and domination, has now been replaced by a world striving together to care for the ailing?

Do we pray simply, wordlessly, our hands outstretched, holding this dear, sweet precious earth in our palms, and all the creatures upon it, and know that all will be well, and all will be well and all manner of thing will be well.

Or perhaps it is all these things, taken together, infused with trust that this is an important part of our journey together.

These seven prayers, one for each day of the week, can keep us connected to the source of healing, wisdom, joy, insight, gratitude and compassion.

## **Reading**

### **Psalm 91**

I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust." Surely he will save you from the fowler's snare and from the deadly pestilence.

You will not fear the terror of night, nor the arrow that flies by day, nor the pestilence that stalks in the darkness, nor the plague that destroys at midday.

If you make the Most High your dwelling – even the Lord, who is my refuge – then no harm will befall you, no disaster will come near your tent.

For he will command his angels concerning you to guard you in all your ways; they will lift you up in their hands, so that you will not strike your foot against a stone.

"Because he loves me," says the Lord, "I will rescue him; I will protect him, for he acknowledges my name. He will call upon me, and I will answer him; I will be with him in trouble, I will deliver him and honor him. With long life will I satisfy him and show him my salvation."



## **Sharing...**

**a word...**

**a phrase...**

**a reflection...**