

Reflection from Fr. Colm on Tuesday of the 5th week of Eastertide

Audio posted to the Parish Website on Tuesday 12th May 2020

Good morning. Today was to be the beginning of the annual diocesan retreat however I think the priests of the diocese got a different kind of retreat and one longer than they bargained for with our present state of lockdown. Part of any retreat especially a Jesuit eight day or thirty-day retreat is journaling and listening to psychologists recently it seems journaling is a very important way of keeping ourselves sane and healthy in these very strange times. It simply means jotting down those moments of importance everything that comes into our mind and everything that we experience on a daily basis.

Now if I was to journal such an experience it would have been the coming together yesterday of a very beautiful piece of music and something that I witnessed down by the river here. Thanks to the BBC iPlayer I was listening during my walk to Nigel Kennedy playing Massenet's *Meditation* and walking along the river just as the music rose to its glorious finale one of the two swans I see daily rose out of the water, stretched its neck, extended its wings and shook itself. I was transfixed. It was good to be there.

These are the moments mentioned by Professor Debbie Pain this morning when she asks us each and every one of us to appreciate on the general environment in which we find ourselves (and she said this on *The Life Scientific* this morning if you wanted to chase it down) that we have a great opportunity now to look at more closely the precious birdlife that is so threatened worldwide. I couldn't do justice to how she describes it. She was wonderful to listen to, one of those inspiring teachers and speakers. It was good to get these positives on what our present crisis is actually enabling. She was bringing those out.

And perhaps also for you and me these are moments of peace, fleeting though they may be but vital to our health, emotional and spiritual health that Jesus seems to be implying at a far too deeper level than the word "peace" might signify or is used rather glibly at times in our world today. Just check the Gospel of John today, it's a wonderful Gospel. Good morning.