

Pope Francis' meditation on fear and hope...may this give strength to you at this time.

“For weeks now it has been evening. Thick darkness has gathered over our squares our streets and our cities; it has taken over our lives, filling everything with a deafening silence and a distressing void, that stops everything as it passes by; we feel it in the air, we notice in people's gestures, their glances give them away. We find ourselves afraid and lost. Like the disciples in the Gospel we were caught off guard by an unexpected, turbulent storm. We have realized that we are on the same boat, all of us fragile and disoriented, but at the same time important and needed, all of us, called to row together, each of us in need of comforting the other. On this boat....are all of us. Just like those disciples, who spoke anxiously with one voice, saying “We are perishing”(v.38), so we too have realized that we cannot go on thinking on ourselves, but only together can we do this....

Lord, may you bless the world, give health to our bodies and comfort our hearts. You ask us not to be afraid. Yet our faith is weak, and we are fearful. But you, Lord, will not leave us at the mercy of the storm.

Tell us again: “Do not be afraid” (Mt 28:5) And we, together with Peter, ”cast all our anxieties onto you, for you care about us” (cf 1 Pet 5:7).

– Pope Francis

Urbi et Orbi, March 27, 2020