

## **MESSAGE FROM FATHER CECIL CRITCH**

The coronavirus (Covid-19) is stirring up anxiety, fear, and confusion as well as bringing many inconveniences to us. But many times in the Scriptures, Jesus tells us “do not be afraid”. Fear is important to alert us to danger, but it can also paralyze us. It can make us selfish and greedy as we see the hoarding of things in stores like hand sanitizers (leaving little or nothing for people who really need it like health care workers and first responders).

As Christians, we also need to trust in God who will provide all we need.

As Christians, we are called to care and to share.

Problems arise when people take more than they need. In the Covid-19 crisis, we must protect the vulnerable and those most at risk- the elderly, the sick as well as the financially vulnerable. The season of Lent calls us to a spirit of sacrifice.

During this health crisis, we are challenged to make sacrifices. Most of these are really inconveniences - cancelled trips and events, washing our hands more often and properly, not shaking hands, etc. Christ taught us to love one another. We show love to others by doing loving deeds for them. Christ sacrificed all in self-giving love for us and he invites us now to do the same, to die to ourselves, and to love others around us, especially those who are fearful and anxious as well as those who are sick, isolated and alone.

We are the Body of Christ. We are a Christian community so each person is important. It will be a sacrifice to socially distance ourselves but it is for the protection of others, our care and concern for others. We will need to check on our neighbours, especially the isolated and alone, those who are afraid of going out. You might want to check and see if the elderly have groceries or medicines delivered. Help and care for one another and be a positive and calming influence. Support each other during this crisis.

Pray for all medical professionals and first responders and all those on the front lines. Be grateful to them and pray for their safety and good health.

We will get through this, so follow the directions of civil and health authorities. Let us pray for one another.

Father Cecil Critch