

## Lockdown

Yes there is fear.  
Yes there is isolation.  
Yes there is panic buying.  
Yes there is sickness.  
Yes there is even death.

But,  
They say that in Wuhan after so many years of noise  
You can hear the birds again.  
They say that after just a few weeks of quiet  
The sky is no longer thick with fumes  
But blue and grey and clear.

They say that in the streets of Assisi  
People are singing to each other  
across the empty squares,  
keeping their windows open  
so that those who are alone  
may hear the sounds of family around them.

They say that a hotel in the west of Ireland  
Is offering free meals and delivery to the housebound.  
Today a young woman I know  
is busy spreading fliers with her number through the neighborhood  
So that the elders may have someone to call on.

Today churches, synagogues, mosques and temples are preparing to welcome  
and shelter the homeless, the sick, the weary  
All over the world people are slowing down and reflecting  
All over the world people are looking at their neighbors in a new way  
All over the world people are waking up to a new reality

To how big we really are.  
To how little control we really have.  
To what really matters.  
To Love.

So we pray and we remember that  
Yes there is fear.  
But there does not have to be hate.  
Yes there is isolation.  
But there does not have to be loneliness.  
Yes there is panic buying.  
But there does not have to be meanness.  
Yes there is sickness.  
But there does not have to be disease of the soul.  
Yes there is even death.  
But there can always be a rebirth of love.  
Wake to the choices you make as to how to live now.  
Today, breathe.

Listen, behind the factory noises of your panic  
The birds are singing again  
The sky is clearing,  
Spring is coming,  
And we are always encompassed by Love.  
Open the windows of your soul  
And though you may not be able  
to touch across the empty square,  
Sing.

## QUIET CHINA

### Written by a Chinese Pastor

The hustle and bustle of China finally quieted down,  
the restless society finally calmed down,  
and the restless Chinese people gradually calmed down.

The 'Wild Animals' that were once held by humans in cages  
finally managed to \*Keep Humans in "Cages"  
Humans finally lowered their proud head and begun to think quietly:  
Are we still the king of the earth?

\*Mankind finally felt the power of Nature once again\*  
In the face of the threat of death,  
human beings have only begun to reflect seriously,  
only to realize that a lack of awe-inspiring social atmosphere  
will lead to more harm and more risks.

The greedy heart is being purified by the virus,  
and the mouth that loves to eat is being punished by the virus.  
The people who have been soaking in the bright red and green places all day  
have been driven home by the virus, saying.... \*Go home\*

There are fewer and fewer people on the street, few cars on the road,  
The Air is getting Fresher...., the Haze is gone..., the Sky is getting Bluer....,  
the Sun is getting Brighter...., Family Lives are getting Warmer, Harmonial, and  
Cordial and People's hearts have become more and more Calm.

People who haven't read for Years have picked up books at home.  
Parents and children who had no communication with their children,  
couples who couldn't speak few words a year have opened up the conversation box.  
Children who did not know how to respect the elderly have also begun to be filial.  
The virus taught human beings a vivid and profound lesson.  
It made us understand awe.

It also let us know what is called "Good Times".  
It also made us feel true love on earth.  
It made us gradually fall in love "Return to the Road",  
we really should be grateful for this "Enemy",  
we need such an "enemy" to give us \*Reminders"\* and give us "Empowerment"

The virus will not leave so quickly,  
it needs to see the "Cultivation" of human's good habits,  
and the virus will not continue to rag,  
because Human love will gather more power to keep the virus away,  
time will tell us everything, Time will also prove what is right.

THE VIRUS REMINDED US THERE IS AN ALMIGHTY.  
AND HUMANS ARE JUST HUMANS