

Bread for the Journey: March 23, 2020 Now Let it Be Lent



## **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.*

*Fr. Richard Hendrick, OFM  
March 13th 2020*

### **Where Is God in a Pandemic?**

*By Father James Martin, Jesuit Priest and Author*

## [Lent in the Time of Coronavirus: More Prayer and Unexpected Penance](#)

*By Carol Zimmermann, Catholic News Service*

(Click on the link above for thoughts on letting Lent be Lent this year.)

## [How You Can Help During Corona Virus](#)

### [Feeding America](#)

"There are a lot of families in need right now some of whom may be out of work and have no source of income. \$1 can create as much as ten meals! This is an easy way to make a big impact during this pandemic." ---*Sam Lauritsen*

*A Ray of Light in Our Darkness:*

[Sts. Peter and Paul Evangelical Lutheran Church, Riverside](#)

### ***From Our Stewardship Group: Brothers and Sisters in Christ,***

***As you must know by now, in-person church services have been suspended for a while. For those of us who rely on putting our tithe into the offering plates on Sundays and Wednesdays the Stewardship Committee would like to suggest that you mail your contribution to the church office.***

***Karen and the other church staff will continue to be working during this hiatus and can get your checks to the right place. Continuous financial support of the church is critical as bills, salaries, and other expenses need to be met regardless of the current situation. If you donate cash, we do not recommend that you mail it. Rather, either use a check instead, or feel free to come by the***

***church and drop off your contribution. Large gatherings are discouraged but meeting with the Pastor or visiting the church individually is easily arranged.***

***Thank you for remembering the church at this time. Please continue to pray for all of our members, especially those most vulnerable to this virus.***

***On Video: Baptismal Gospel Readings for the Weeks in Lent***

***from [The Gospel of John](#) . (Initial release: September 26th, 2003. Director: Philip Saville. Narrator: Christopher Plummer. Producer: Garth Drabinsky.)***

***Second Sunday in Lent, March 8th***  
***[Jesus and Nicodemus \("Born from Above"\)](#)***

***John 3:1-17***

***[Genesis 12:1-4a](#); [Psalm 121](#); [Romans 4:1-5, 13-17](#)***

***Third Sunday in Lent, March 15th***  
***[Jesus and the Samaritan Woman \("Living Water"\)](#)***

***John 4:5-42***

***[Exodus 17:1-7](#); [Psalm 95](#); [Romans 5:1-11](#)***

***Fourth Sunday in Lent, March 22nd***

## Jesus Heals a Man Born Blind (Illumination)

John 9:1-41

1 Samuel 16:1-13; Psalm 23; Ephesians 5:8-14

## Fifth Sunday in Lent, March 29th Jesus Raises Lazarus from the Dead (From Death to Life)

John 11:1-45

Ezekiel 37:1-14; Psalm 130; Romans 8:6-11



## You Won't Find This at Netflix...

 [Those Were the Days.mov](#)

*Click above to view "Those Were the Days,"  
performed at Sts. Peter and Paul in May, 1973  
and filmed by Steve Podzamsky.*

***Recognize anyone?***

**You must know that there is nothing higher and stronger and more wholesome and good for life in the future than some good memory, especially a memory of childhood, of home. People talk to you**

a great deal about your education, but some good, sacred memory, preserved from childhood, is perhaps the best education. If a man carries many such memories with him into life, he is safe to the end of his days, and if one has only one good memory left in his heart, even that may sometime be the means of saving him (Alyosha in Fyodor Dostoevsky's *Brothers Karamazov*).

Peace, light and hope from Will Todd's *Lux et Veritas*, performed by *Tenebrae* and the *English Chamber Orchestra*, Nigel Short, conductor

[No More Sorrow](#)

[Agnus Dei](#)

[Encircled](#)

“Lord, have mercy. Christ, have mercy. Lord, have mercy. O Christ, hear us. In mercy hear us. God, the Father in heaven, have mercy on us. God, the Son, redeemer of the world, have mercy on us. God, the Holy Spirit, have mercy on us. Holy Trinity, one God, have mercy on us. Be gracious to us. Spare us, good Lord...” (from the opening verses of The Litany, *Lutheran Book of Worship*, pages 168ff).

*Please consider praying (and singing) [The Litany](#) in your homes during the evening hours.*