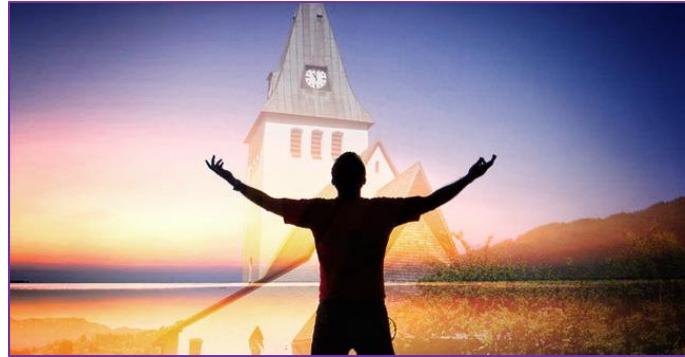


## ***Reflections While Walking Disruptions***

**- Deacon Bob Salvestrini -**



Recently I've been doing more shoveling than walking and that led to thinking about how disruptions in one's regular routine can affect a person's overall perspective and even one's faith. While having to occasionally deal with a few inches of snow is a relatively minor disruption there are those events that significantly affect the normal flow of life. The corona pandemic fits the category of a significant disruption to the normal flow of life and causes one to wonder what a return to normal will be like. Working from home, virtual learning, social distancing, Pea Pod deliveries, and uber eats are a few of the ways our daily activities have had to be modified due to the pandemic.

Questions such as, how will working from home affect my career, will my child's education suffer due to virtual learning, how will my social life differ when the pandemic ends, and where is God in all of this, arise as we deal with the effects of the pandemic?

Life's crises tend to test our faith in God. We pray for the situation to be reversed, for healing to take place, for routine to be restored, but often it doesn't occur quickly enough or as we would have envisioned and our faith in God weakens.

Faith in God does not mean that He will intervene in our crises and resolve them. Faith in God means that He is with us in our crises and provides us with the graces and strength to deal with whatever disruption occurs in our life. Faith asks that as we deal with the pandemic, we confront all the sacrifices, inconveniences, and challenges it creates in our daily affairs with the belief that God is with us in our struggle.

Most of us don't go around each day thinking only of God and ignoring our duties to those around us, family, friends and others who may be our responsibility. Our faith tells us to approach each action and work, inconvenience, and challenge we face during this pandemic as a prayer offered up to God. Approaching the pandemic's disruptions with a faith centered outlook, could bring occasions of joy to our Lenten season and beyond.