



Staff Reflection for Wednesday 1 April 2020

News reports on the ever-increasing number of people infected with Covid-19 worries us and images of queues outside Centrelink pull at our heartstrings. We may have friends, relatives, immediate family members or may, even ourselves be in these situations. This scares us and makes it harder to recognise, let alone focus on and truly appreciate our blessings.

Theme for this week: Appreciating our Blessings

Recognising and appreciating our blessings is important. This is even more so for Christians during this season of Lent, when we are encouraged to take the time to reflect on our lives and our relationship with God and each other in preparation for Easter.

Each of us are blessed in different ways, with different talents, gifts and social circumstances. Some have partners and children, whilst others, being single, or as part of a religious community has given them the opportunity to minister to others in a way that may not have been possible with partner and children in tow. We have roofs over our heads, clean water at our disposal and food on the table. In Australia, we are blessed in that if our access to basic necessities is threatened, we have somewhere to go for help. We have a robust healthcare system and healthcare professionals who have the foresight to prepare us in the best possible way to face increases in the number of people falling ill.

When things are going well, it is easy to take all this for granted, not having to worry about clean water or going hungry, our health, and even the good relationships we enjoy or being in a position of financial privilege. It is when times are uncertain that we start reflecting on our blessings. However, being aware of how blessed we are is just the first step. We need the sense of gratitude to touch our hearts.

A suggestion for reflection at the end of each day:

- Focus on something positive that happened to you – a kind word or deed you received, something beautiful you noticed, a good joke you heard
- Note your reaction – did it make you smile? Chuckle? Laugh out loud? Did you have the urge to share this with someone else?
- Shift your focus to your inner experience, e.g. a sense of lightness, easing of tension, calmness
- Stay with it for a few minutes, even if the event you thought of was only a fleeting moment, allow yourself to acknowledge and truly experience it.

You may also be interested in:

meditating on Pope Francis' extraordinary *Urbi et Orbi* (to the city [of Rome] and to the world) blessing amid the coronavirus on 27 March: <https://www.vaticannews.va/en/pope/news/2020-03/urbi-et-orbi-pope-coronavirus-prayer-blessing.html>

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