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March 16, 2020 - Infection Blues

“My help comes from God, the maker of Heaven and earth.” Psalm 121:1

If you stop and think about it – as we all are being forced to do these days – infection is all around us all the time. We carry myriad bacteria both within us and on our skin, but we seldom give them a second thought. Each breath out carries air and water to the wider world. Each mouthful of food introduces tiny life-forms as we digest it – especially a really good blue cheese!

Infection is nature’s way of intermingling life forms. We are not isolated and discreet, as we usually believe, rather, each of us is a little universe of biodiversity.

Remembering this helps us to keep the coronavirus in its proper context. It is a part of the natural world, just as we are. It is likely that most of us will become infected – current estimates are up to 70% of us will get it. And it will pass through our system as quickly as a cold does (another infection which we know how to live with). This is important to keep in mind, and helps to balance our fears about mortality. It is much more probable that we will be fine than suffer serious harm.

It might help to have a prayer practice which builds on the idea of the inter-connectedness of all of life:

Breath Prayer:

- Settle yourself in a peaceful way, and prepare your heart for prayer.
- Focus your loving attention on your breath for a few moments, noticing each in-breath and each out-breath with a sense of wonder and appreciation.
- Introduce a sense of gratitude with each in-breath (you could think “thank you, God” or “grateful” or “Spirit, come!”)
- Rest in this practice for as long as you like
- Switch to focusing on your exhalation, paying attention to each out breath, and adding a sense of blessing for the world (you could think “God bless” or “strength” or “Jesus, go!”)
- Rest in this practice for as long as you like.
- To close your prayer time, you might use the prayer which Jesus gave all of his disciples to say – including us: Our Father...

“In life, in death, in life beyond death, God is with us. We are not alone. Thanks be to God.”

Grace to you, and peace ~ Kate

*“Our relationship with God and each other strengthens us, and helps make the world a better place.
We welcome and include **everyone** into congregational life.”*

