

Finding Eucharist/ Be still and know that I am God

(On having the distribution of Holy Communion suspended during Coronavirus outbreak Lent 19/3/20)

A people led into the desert
deprived of food
is called to trust, pray, appeal to our leaders -
like Moses' followers...
And perhaps also to become leaders
like Moses himself.
Like him, leaving behind disruption
I can go up my mountain
to meet God in private prayer:
starting with a positive...
then sharing with God a simple statement
naming the emotion currently in my heart;
asking how better to understand the Divine view;
then
stilling my soul
to listen
without interrupting
to God's response
in silence
presence
 echo
 word
 song
 image...
and grateful openness to constant renewal in Divine
Love...
I can trust that
in the cloud
God's presence can
 transfigure;
its presence and witness in me
bring light to others.
Exactly as with God in prayer,
I can be sure that
active listening to their laments
will bring
water from the rock,
comfort in the unlikeliest of situations.
Even with danger's hot breath on our necks
all we need do is stay still
and the Lord
will do the fighting for us...;
the parting of the Red Sea a tsunami much like this
one,
we too will walk clear of danger.
Expecting the angel to switch to the lead,
into the Promised Land
we follow.

Margaret Johnston