



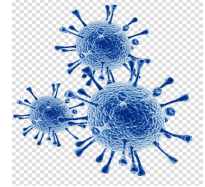
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Alberta Mackenzie Provincial Council
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Reflection Notes
DATE: December 17, 2020



“Covid Meets Advent”
Our Relationships with God, with Ourselves and with Others”



On December 2, 2020, Rev. Jim Corrigan, pastor of Our Lady of Perpetual Help Parish, Sherwood Park, Alberta gave 140 members of the Alberta Mackenzie Provincial Council a reflective message



on relationships, especially in this time of COVID through the technology of ZOOM.

He used 5 different scriptures passages to flesh out his message. They are as follows:

1. Jeremiah 1, 4-10 and Jeremiah 15, 10-16
2. Jonah 1, 1-3 and Jonah 3 1-3
3. Luke 5, 1-11 and Luke 5, 27-32
 1. 1 John 3, 1-2
4. Luke 10, 1-5 and Luke 10, 17
5. Acts 2, 42-47

Over the past few weeks, I have thought a fair bit on his reflection.

Key points for me were: Trust, Faithfulness, God is in Charge, Forgiveness of Others and Self

- **God is God and we are not.** The Lord is patient and has a plan and will have His way. We need to be in a relationship with Him – this is key! Be Faithful to Him. It is about **trusting** in His love for us.
- The challenges with CoVid-19, especially not being able to receive the Eucharist, we must remember that God is in Charge – He will prevail!
- As humans and especially during this time we do tend to “hurt the people we **LOVE** the most”.
- We will always be a child of God!
- The pandemic, with it being so many months, has left many tired and without ambition. We need to remember that our self-worth and our self-

esteem are important! We are loved and we must keep praying for all. We have an obligation to love ourselves as God created us!

- Do what you can to cultivate your relationship with others and with God.

He left us with the following to help us as we continue our journey in this extraordinary time:

1. Be disciplined with sleep – not only the number of hours but the same time frame each night
2. Get outside – get fresh air
3. Get regular exercise
4. Do one extra little thing each day – do what you have been avoiding doing (such as cleaning out drawers, filing papers, etc). Also do one thing for someone else each day such as writing a card or email or telephone call.
5. PRAY – regularly and consistently. LISTEN. Silence can be a prayer to listen.

Our evening concluded with the Blessing Prayer as the 140 ZOOMERS from their square raised their hands and sang.

