

Two black hands are shown from the wrist up, palms facing each other and slightly cupped. The hands are positioned to hold the text in the center. The fingers are slightly curled, and the thumbs are pointing towards the center. The hands are rendered in a simple, high-contrast black silhouette style.

**“Let us be present to the now.
It’s all we have, and
it’s where God will always speak to us.**

**The now holds everything,
rejects nothing,
and therefore, can receive God too.”**

An Invitation to Reflection

– Quotation by Richard Rohr, OFM,
in *The Wisdom Pattern: Order, Disorder, Reorder*

July 2020

Dear Friends,

Blessings to you during these summer months. We hope you are well and finding new ways to “be” in the midst of the reality of COVID-19 in the world and in our own lives. The challenges and restrictions have impacted us profoundly. Not being able to come and go as we want, restricted to our homes, unable to be with those we love to celebrate or to mourn and all the rest have deeply touched our hearts and spirits. No one is the same as they were four months ago.

What are the sources of meaningfulness in all of this? What has been your personal experience? How have you experienced God in the “now” of each day or has it been difficult to find God in it at all? How are you coming to the journey that lies ahead?

Our IHM Sisters have created a prayerful guide for you to use to explore these questions and more. The guide is an invitation to each of us to take some time to reflect on how these days and weeks have been: the feelings / the challenges / perhaps even the blessings. Our hope is that you will share this with others in your family and among your friends and coworkers. You may wish to gather (according to current safety guidelines) and share your reflections with one another – perhaps at a meal or sitting outside in the warm area or even chatting by phone.

The very fact of social distancing might feel like each one of us is in this alone. Yet, in some ways the phrase “we are all in this together” is closer to the truth. We may be in different safety “bubbles,” but we are close to one another by heart.

Please use the questions as a beginning place insofar as they are helpful, adding those that are more helpful. May you find insights and blessings in your remembering and in your living of each moment as it comes.

You remain in our hearts and our prayers.

Julie Vieira, IHM
Director, IHM Spirituality Ministries

Reflection Guide for Living in the Midst of COVID-19

July 2020

The Guest House

by Rumi

This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.

The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.
Be grateful for whoever comes,
because each has been sent
as a guide from beyond.

During these days, what “arrived” at your door?

What was welcomed? What was not?

What were the words / feelings with which you received the visitor?



“Always have your answer ready
for people who ask you
the reason for the hope that you have.”

1 Peter 3:15

In the times when it feels like it will never end, what gets you through?

As you are living in and through this time, is there a Scripture verse, a story, an image, a memory, that sustains you?

The New is slowly unfolding. The return will be to a New Normal. As you answer the invitation to cross this threshold, what do you carry with you? What do you leave behind?