

Lockdown

Yes there is fear, isolation, panic buying, sickness and even death.

But,
In Wuhan after so many years of noise
You can hear the birds again.
After just a few weeks of quiet
The sky is no longer thick with fumes but blue and grey
and clear.

In the streets of Assisi
People are singing to each other
across the empty squares,
keeping their windows open
so that those who are alone
may hear the sounds of family around them.

A hotel in the West of Ireland
Is offering free meals and delivery to the housebound.
Today a young woman
is busy spreading fliers through the neighbourhood
with her telephone number
So that the elders may have someone to call on.

All over the world people are slowing down and
reflecting
All over the world people are looking at their neighbours
in a new way
All over the world people are waking up to a new reality:

To how big we really are;
To *how little control we really have*;
To what really matters.
To Love.
We are always encompassed by Love.