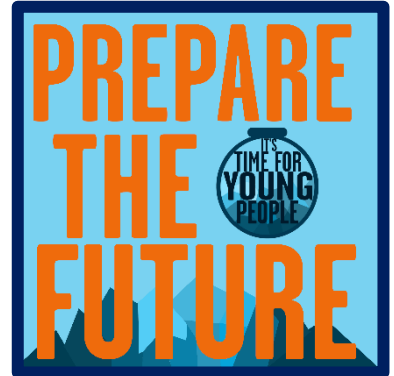


# CALLED TO BE

—allowing space for listening and healing—



You belong. You matter. We need to hear from you. It's time to stop, to be, to notice and share what we've learnt and start moving forward together. These activities are here to help you reflect on life during the Coronavirus pandemic and to share your hopes, dreams, fears and challenges. Remember that healing takes time. It is hoped that, with the support of one another we may heal from the challenges of this time and find new ways to be in the world, seeking positive transformation.



## Reflection

Amidst the suffering, what are the signs of life, of resurrection? During World War II Viktor Frankl was held in four concentration camps. His wife, parents and brother all died in the camps. Viktor survived the Holocaust. Reflecting later, he said that, 'the secret to enduring great suffering is not to try and imagine its end but to find meaning in its present.'

## Discussion Questions

What have you appreciated during this difficult time?  
What have you learnt to appreciate about yourself?  
What have you come to appreciate about others?

Lockdown no doubt disrupted our regular routines, our past-paced lifestyle, and took the busyness away. Take a moment to think about things that may cause worry in your life. Lockdown many have given us more space and time to think about the way we live and any changes we may want to make in the future.

Take time to reflect on what has happened and our experience of lockdown.  
Pope Francis tells us to look on this time as a time of choosing how we want our world and society to be following the coronavirus pandemic.  
Is there anything we have stopped, and don't want to resume?  
Anything we've discovered and want to continue?

“[Lord], You are calling on us to seize this time of trial as a time of choosing. It is not the time of your judgement, but of our judgement: It is a time to get our lives back on track with regard to you, Lord, and to others.”  
Pope Francis – *Why are you afraid?*, Address 'To the City and the World', 27th March 2020

Loving God, Creator of Heaven, Earth, and all therein contained.  
Open our minds and touch our hearts,  
so that we can be part of Creation, your gift.

Be present to those in need in these difficult times,  
especially the poorest and most vulnerable.  
Help us to show creative solidarity  
as we confront the consequences of  
the global pandemic.  
Make us courageous in embracing  
the changes required to seek  
the common good.

Now more than ever, may we all feel  
interconnected and interdependent.  
Enable us to succeed in listening and  
responding to the cry of the Earth and the  
cry of the poor. May their current sufferings  
become the birth pangs of a more fraternal  
and sustainable world.

We pray through Christ our Lord. Amen.

