

During these challenging times as we strive to navigate through this Corona Virus by keeping ourselves and family members healthy, we also need to feed our soul with spiritual food that will sustain us in our relationship with God.

In St. Paul's First Epistle to the Thessalonian community 1:2-5, he says, **"We [Paul and his associates] keep thanking God for all of you and we remember you in our prayers, for we constantly are mindful before our God and Father of the way you are proving your faith, and laboring in love, and showing constancy of hope in our Lord Jesus Christ. We know, too, brothers, beloved of God, how you were chosen. Our preaching of the gospel proved not a mere matter of words for you but one of power; it was carried on in the Holy Spirit and out of complete conviction. You know as well as we do what we proved to be like when, while still among you, we acted on your behalf."**

As Christians and members of the mystical body of Christ, we are to be like yeast in dough, having an uplifting impact in the life we are living. The dough is the society. Our Christian community is the yeast. Do we have an uplifting impact by word and example? If we do, then how do we go about this? St. Paul praises the Thessalonian community for their faith and for laboring in love in their service to others, by showing constancy in prayer, and hope in our Lord Jesus Christ.

We have all watched how this Virus has instilled fear and uncertainty in the hearts and minds of people all over the world. The greatest tool we have as Christians is our prayer life and faith in God. We need to pray. Sometimes we are not sure what to pray or how to pray. The 10<sup>th</sup> Century Armenian mystic and doctor of the Church, St. Gregory of Nareg wrote many prayers and I would like to share one of them which is very beautiful. **"Heavenly king, my soul is in your hands at all times, and I put my trust in your holy cross. A multitude of saints are my intercessors with you, who are generous toward all. Do not turn your face away from me, for I look to you for protection. Through your precious and holy cross, keep in peace. Amen."**

I have witnessed first-hand the generosity of people in helping each other in this time of crisis. Recently, I was at the Supermarket and when I was going to purchase some water, there was none left. One of the workers had two bottles of water turned to me and two other people who were next to me and

asked if we needed the water. I immediately told the other two people to take the water but, the other person had a water and insisted I take it. I and the other individual did take the water and we all felt a random act of kindness was displayed which for me radiated the love of God. If we know of someone who is alone, we can call them to see how they are. We can pray for them. We can read the Scriptures and go deeper into our faith as we follow the teachings of Christ.

Let us strive to see goodness in all situations which is God radiating his love in the world.

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