

Quarantine Thoughts-3

We cannot reinstall 2020, because it has a virus.

However, we can update it with some Practical tips.

We are witnessing and experiencing a situation which no one ever imagined. For some of us it is boring and frustrating. Television and social media can only help for some time. The deafening silence everywhere leads to more despair. This is when the early Christians can inspire us who lived and handed down their faith in houses and caves even before churches were built.

The best and only way to come to terms with the situation is to accept the reality. When we voluntarily accept this period of quarantine or social isolation, we can make this period more worthwhile and get prepared to start again when it is time.

1) **A Time for Introspection:**

This is the time to slow down from our busy lives and take a peek inside. It's a time to free ourselves and do the things/hobbies we've always wanted to do. Inculcate a few good habits and try to let go of a few not so good ones.

2) **A time for Spiritual Hibernation:**

It is a time for Spiritual Hibernation so that we will be different after this period of Quarantine we will be well equipped with Spiritual weapons to face the world tomorrow.

3) **A time for Appreciating Others:**

It is a time to understand and appreciate the love and care of the other members of the family, friend, colleagues and people we interacted with on a daily basis that we took for granted.

4) **A time for Appreciating Nature:**

We see a change in nature, calling us to be (Carers of our Common Home). It is really good to read the encyclical of Pope Francis '***Laudate Si***'

5) **A time to come closer to God.**

We used to keep the Sunday's are a whole Day for God, not Just an hour.

6) **A time to appreciate the things we took for granted:**

We often appreciate the true value of things when we are deprived of them. This is the time for appreciating the big and small blessings we have. Also, to gratefully acknowledge God was blessing us with Daily Mass, various sacraments and other liturgical services.

7) **A time to renew again:**

It is a time to sow the seeds of faith in every family, the basic unit of the Church. It is a time to pray together, to share together, to discuss this stuff called '**FAITH**'. Like the old Testament, let every family share the PASSOVER experiences of the elders may share the experiences of faith & the realities of life they had. *(Exodus 13:14)*

8) **A time to listen to the word of God.**

Can we make an outline/schedule that covers 90 days through which the whole BIBLE is read at least once?

There are 929 **chapters** in the **Old Testament**.

There are 260 **chapters** in the New Testament.

This gives a total of **1,189 chapters**.

So about 15 Chapters a day.

9) **A time to learn the teachings of Jesus:**

Gospel of Mathew Chapters 5,6,7,18 and 23;

Luke Chapter 6

John Chapters 13, 14, 15, 16 and 17

10) **A Time to pray over the passion of Jesus:**

Gospel of Mathew Chapters 23-28;

Mark Chapters 14-16;

Luke Chapters 22-26

John Chapters 18-21

11) **A time to rediscover the family tree.**

It is a wonderful time for the family to come together and share the experiences especially of our grandparents and great grandparents. The young and next generation should have the knowledge of their family tree of which they should be proud of.

12) **A time to clear things: It is also a time to de-clutter.**

It'll be surprising and funny to see all the unused stuff accumulated over the years.

13) **A time for forgiveness:**

It's a time to ask forgiveness from God and others. Also, to forgive all who offended us.

Let's pray that every family becomes a beacon of hope where the Love of God blesses each member to be filled with the Holy Spirit, just like the Holy Family.

Father Joseph