

## Press the Pause Button

The current public health crisis has given rise to understandable anxiety. While mass gatherings are not possible we can remain united in prayer, music and reflection. Here is a possible 8 step programme to follow or adapt to your own situation. The **music suggestions** are taken from the Emmanuel 2020 Programme for second level schools in the Archdiocese of Dublin. They are available on iTunes and Spotify.



**Slow Me Down Lord (Bernadette Egan)** will set the scene for this time of reflection.



1. Sit on a step for five minutes. Bring to mind a time when you were less than Christian in your dealings with others. 'By this everyone will know that you are my disciples, if you love one another.' (John 13:35)  
**They'll Know We Are Christians (Peter Scholte)**

2. Become a hermit for a while. Take an hour off from your mobile phone or internet to be quiet with your own thoughts. Protect this 'godly' time with a wall of stillness



3. Try to notice when your mind is taken over by cruel or vengeful thoughts about others. Every time you wash your hands consciously let go of these thoughts.

**The Face Of Peace (Sam Shortall)**

4. If going out for a walk put on the hat of thoughtfulness, the cloak of charity and shoes of goodness. Open yourself to an awareness of the presence of Christ in each other.

**You The Christ (Ian Callanan)**



5. God's mercy is poured out freely on us. Every time you pour a glass of water, tea or milk simply stop and say 'Lord have mercy'.

6. The word humility has a root in the Latin for earth or ground. Every time you stand up or put your feet on the floor pray for humility. Become 'grounded' and aware of the source of your blessings.



**Blinded By Your Grace (Thornycroft-Smith, Owuo and Emenike)**



**7.** When you take a drink pause and listen for the voice of Jesus.  
'Can you drink the cup that I am going to drink?' (Matthew 20:22)

**Gospel Plow (Trad: Rory Cooney)**

**8.** Patience is an important survival tool to have under our belt these days when we are doing our best to be safe and to protect others in our family and community.



*'Above all, trust in the slow work of God.  
We are quite naturally impatient in everything to reach the end without delay.  
We should like to skip the intermediate stages.  
We are impatient of being on the way to something unknown, something new.'*

*And yet it is the law of all progress  
that it is made by passing through some stages of instability—  
and that it may take a very long time.'* (Pierre Teilhard de Chardin S.J.)

**Keep Me Safe O God (Ian Callanan)**

**Be Nice (Sarah Hart)** is a good motto to have at all times. Stay safe.

