

Special thanks to Janice Young, CSJA for today's reflection:



“I call your name and I am safe in your loving protection.” (Ps. 91)

I call your name of Light and my spirit becomes bright.
I cry your name of Mercy and my body becomes warm,
I speak your name of Mystery Almighty and my spirit becomes strong.
You are my safe refuge—to dwell in your love forever is all that I long.

The coronavirus beast plagues our world in the dark,
Each day it hides and stalks, seeking new victims to attack.
My worries of illness keep precious loved ones far apart.
Wearing masks fearing safety when home we depart.

Like a bird in your nest, I cling and take refuge.
Under feathers of your broad wings, you ever protect.
Your spirit companions and guards,
Brings lightness and fullness of being.
Sheltered at home in You, Oh my God, Oh Hope, all concerns now peacefully fleeing.

Janice Young, CSJA

All best wishes for a wonderful weekend - The Women's Table

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