

# Salt – Light – Hope

reflections and care for those who serve in pandemic  
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I'm telling you these things while I'm still living with you. The Friend, the Holy Spirit whom the Father will send at my request, will make everything plain to you. He will remind you of all the things I have told you. I'm leaving you well and whole. That's my parting gift to you. Peace. I don't leave you the way you're used to being left—feeling abandoned, bereft. So, don't be upset. Don't be distraught.

John 14: 25-27 [The Message]

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Even though many of us have adopted the shelter-in-place practices to “flatten the curve” of the infection rate, we know that the spread of coronavirus has not yet reached its apex, and we wonder, “How long, O Lord?”

The world can feel as if it's crumbling around us, we can feel anxious and frayed, and the shelter in the places where we find ourselves may not feel all that sheltering. In these challenging days when we feel despair, anxiety, grief, and uncertainty, the point is not that we should somehow stop feeling as we do.

The larger assurance here is that God will not leave us orphaned or afraid—not now, not ever. God is with us—comforting, caring, covering, and renewing us. This is the peace beyond all understand that is our gift and our hope through Jesus Christ.

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**Please pray with me:**

Gracious Lord, Our Healer and Redeemer,

You come close, drawing us through the darkness

To open our eyes to your wondrous light.

Descend now to calm the wild beating of our hearts.

That we may be still and know that you are God with us. Amen.