SUSTAINING SPIRITUAL HEALTH AMIDST PANDEMIC

by:

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Coronavirus disease is a very serious global health crisis. Being it confirmed by the World Health Organization as a pandemic (prevalent over a whole country or the world).

Who would have thought that the pandemic will not only close international boundaries, business ventures, workplaces but churches- spiritual house of prayer?

Masses were cancelled, spiritual festivities and events were also rescinded. Not to mention the participation of the public or the laity for it was the one being cancelled- the gathering. Masses and events were only been and being held on private and only being televised on national television or radio stations. Not the appearance and presence of the people longing for spiritual food was entertained. For it was the advice or the call of the government to protect its citizen.

When house of prayers is closed- how can we feed our empty body with spiritual needs? It came to me the ways of keeping divine health growing amid the pandemic by these:

1. Livestream is the new mainstream

While masses and worship services are being held through social media, use that platform to sustain and feed yourself spiritually. Like any other masses, continue participating even online. Do the rituals and actions being done inside the church also at home. Setting an altar will also do.

2. Read articles about spiritual healing and awakening
Do your part. While every other religion/sect are doing their very best to maintain the connection of them to their members/people, might as well help them by reading their every other letter, reflections, and directives.

3. Follow on social media the pages of your parish/spiritual aides

In the ages of today where most are on social media platforms it is but fitting to use that as a tool also to feed your hungry soul. Follow the pages of your diocese, follow pages relating to spiritual health. That way, good reads will also help you grow in faith even in the absence of your presence on face-to-face worships and religious masses.

4. Find someone who is a good person to talk to

In my case, I have a spiritual guide/friend that I can also get in touched without sacrificing my health and going outside and violating government call to protection. Find a person who is a good-listener and has good words. It can be your parish priest, mentor, pastor or whoever you know that will help you not lose sight on faith.

5. Meditate

Take your time. A quiet time to think and recollect things and events-positive ones to boost your mental health and negative ones also to make your more eager to be directed. Reflect to everything that must happen and always find reasons to cope.

Even though people of different religious belief were prohibited to gather, may the sense of faith always unite us in the promise of the most High- the Lord that He will make everything beautiful in its time (Ecclesiastes 3:11).

In my case, I always look for readings and rely to our diocese’s reflections and Pastoral letters.
We may be separated now but we will come back again. For even detachments are part and parcel of loving.

References:

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