



## Day 4 Contagious Love Friday, March 20, 2020

### **Focus Text:** Psalm 27:1

*The LORD is my light and my salvation; whom shall I fear? The LORD is the stronghold of my life; of whom shall I be afraid?*

Guy and I walked part of the Camino de Santiago last September, an ancient pilgrim path in northern Spain. The photo above is from our first day on the Way.

These days of social distancing are a pilgrimage of sorts and like the Camino, everyone's experience of pilgrimage is unique. But there are some common elements, too: our routine is suddenly very different, contact with friends and coworkers has dropped off precipitously for most of us, the path forward isn't clear or always comfortable. Uncertainty and fear are a real thing, so I am thankful for a God who promises presence in the midst of fear!

As pilgrimages go, this one brings some happy differences, too. No blisters (I won't show you those pics!), aching muscles from hills climbed or bruised toes from the descent of said hills! In our case, what opportunities does *this* pilgrimage we're on offer? In the words of a wise friend, what if instead of focusing on the things we can't do, we think about what we CAN we do? What are some things we can do as we turn inward at home? Whose day can we brighten with a phone call or a note - our daughter and her single friends have instituted a virtual chat/happy hour every day as a way to support each other, using GoogleHangouts or FaceTime. Are there books you just haven't had time to read? Maybe you've got a closet that you've been avoiding clearing out? How about busting out the board games with the kids?

As we continue this unsettling, perhaps difficult time of pilgrimage, I invite you to join me in praying this Pilgrim Prayer:

**Guardian of my soul,  
Guide me on my way this day.  
Keep me safe from harm.  
Deepen my relationship with you,  
Your Earth, and all your family.  
Strengthen your love within me  
That I may be a presence of your peace in our world. Amen**

*(Walk in a Relaxed Manner: Life Lessons from the Camino, Joyce Rupp, p.15)*

*-- Martha Jolly*