

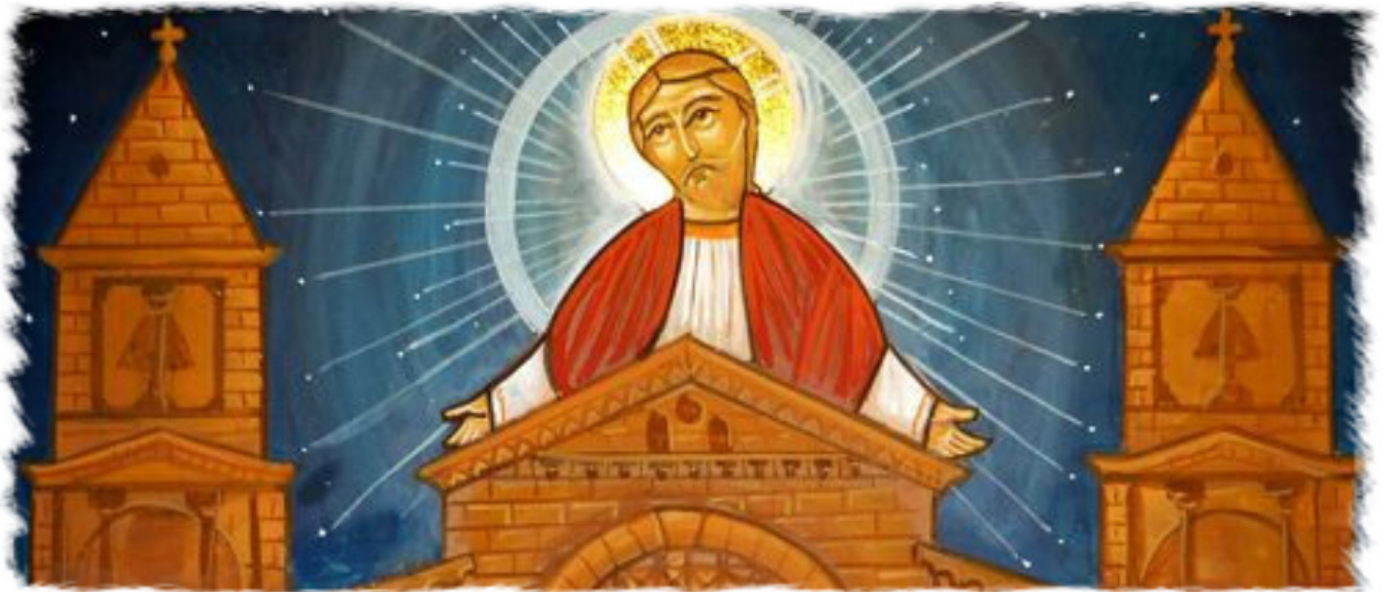
St. Mary & St. Joseph Coptic Orthodox Church
11308 Yonge St, Richmond Hill, ON L4S 1K9

Daily Meditations • June 15, 2020

THE ROCK

THE LORD IS MY ROCK.
- PSALM 18:2

Daily Meditation



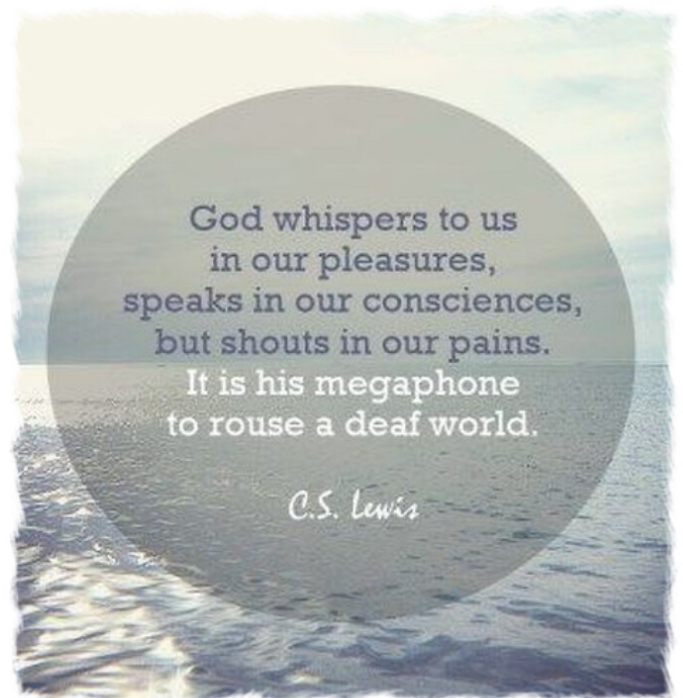


Reflection on returning to Church by N.S.

4 months ago we first started hearing about this virus going around, it started to be more and more present in the media and we, not understanding it all thought to a certain extent that it was blown out of proportions... We had this reaction because 1. We never experienced something like that and 2. We didn't want to.

Turns out that was God's plan for us to pass through that as we now know it. Whether it is from God or just accepted by God is debatable but I don't believe that God would bring such a virus to the world, I believe He would only allow it if He sees a benefit in it.

This period of time was a very... different to say the least... but it was a very fruitful one as well. As CS Lewis says in his amazing book *The Problem of Pain* "[God] shouts in our pain; it is His megaphone to rouse a deaf world."





It was indeed an extremely painful time... now COVID-19 is far to be gone, we hear everyday of new cases and new deaths only sometimes do we realize what these numbers actually mean.... Why did I use the past tense then? Pain is far from gone.... I used this tense because I was focusing on something in particular, a particular type of pain that we NEVER thought could happen. We couldn't go to Church.

It was so hard to understand especially at first but we quickly realized that it was no one's choice not even the government, it was forced upon them by the number of cases and deaths rising everyday.

This week we realized that something that we took for granted got transformed into a miracle, right in front of our eyes. Yes, we finally understood a fraction of what God meant when He said to Moses "Take your sandals off your feet, for the place where you stand is holy ground." (Acts 7:33) (Quoted in today's Praxis)

We missed a lot of things when this was taken from us, psychological needs but most importantly some spiritual needs without which we cannot live. As Orthodox Christians we believe



that Communion is the TRUE body and blood of our Lord and that without it our spirit dies in a sense. As Jesus says in **John 6: 53-54** :
“Most assuredly, I say to you, unless you eat the flesh of the Son of Man and drink His blood, you have no life in you. Whoever eats My flesh and drinks My blood has eternal life, and I will raise him up at the last day.”

Now I am no theologian but I know that God is merciful and that those who don't have access to this communion will in no way be punished for it, it's not a need in God's side, it's a need on our side, our soul longs for its saviour without which “**You are dust, and to dust you shall return**” (Genesis 3:19). However, “**In this the love of God was manifested toward us, that God has sent His only begotten Son into the world, that we might LIVE THROUGH HIM.**” (1 John 4:9) (From today's Catholic epistle)





When we went to Church (or saw the live stream) we couldn't believe our eyes, we thought "Wow, what a blessing" and we definitely see God's work in that.

We used to be entering the Church as if it's a gym and now we are entering it as if it is paradise, which, it is, paradise on earth. God taught us something extremely valuable and I really hope that we will never forget that indeed, the Church is a sacred place and Communion is God's Flesh and Blood and we are to give it its due glory.



Glory be to Him who always takes care of us and shapes us to be closer and closer to Him.

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