



# OUR LADY of GOOD COUNSEL

CATHOLIC CHURCH

## Fr. Matt's Musings May 4, 2020

*Jesus stood in the midst of his disciples and said to them: Peace be with you.  
John 20:19*

In case you were wondering, today is Monday, May 4. Frequently, I have to stop and think about what day and date it is. That is one of the effects of the current situation of "stay at home." Another effect of the coronavirus has been a certain amount of anxiety and fear on the part of many. In this Easter season, it is a reminder to us of the importance of choosing the spirit that will guide us. So many have chosen gratitude for the work that is done by first responders, healthcare workers, and those who serve us at grocery stores, pharmacies, etc.

I ask us also to choose to be at peace. When we forget what day of the week it is or what month of the year, let us just take a moment and laugh at ourselves. When we begin to feel anxious about not knowing when this is going to be over, close your eyes, take a couple of deep breaths, say a prayer and ask God to restore the gift of peace. It was that gift that guided the disciples after Jesus' resurrection in the midst of their anxiety, fear, and uncertainty. Let us have confidence that God will share with us that same gift. Be at peace.

Attached is the communion hymn from yesterday's Mass here at OLG. Please listen to it to help us choose and be at peace.



### **Live Jesus!**

*Fr. Matt*

[frhillyard@olgcv.org](mailto:frhillyard@olgcv.org)

*All through love, nothing through force or fear.*

receiving this email because you have expressed an interest in these messages. Please  
add [frhillyard@olgcva.org](mailto:frhillyard@olgcva.org) to your address book so we'll be sure to land in your inbox!  
If you know someone who would like to be added to the list have them  
email [communications@olgcva.org](mailto:communications@olgcva.org).

---

**Our Lady of Good Counsel Catholic Community**  
[www.olgcva.org](http://www.olgcva.org)

