2 April 2020

7 more poems in the time of Corona Virus Lockdown

* **Anne Powell**

**Blue**

the blues are small

songs for big sorrows

potato crop blight

meatworks close

purse empties

candle ends

lessening of love

petals on table

loss of job

falling of tears

the blues are small

songs for big sorrows.

**Horizons**

Morning star

****let there be light.

Between the leaves

let there be light.

Children’s faces

let there be light.

On the horizon

let there be light.

Arc of rainbow

let there be light.

Candle at window

let there be light.

**Moments**



In moments of loss and pain

sit quietly among green of fern

and remember

all is cyclical.

**Time for a change**

We are targets of time

racing through supermarkets

captured by meals-in-a- moment.

We are targets of time

hurrying on highways

arriving dead on time.

We are targets of time

possessed of longing for solitude

yearning for stillness of air.

**Land pictures**

The land is power

pulling our souls

in under hills

deep into caves of no light

and glimmers of light like glow-worms.



The land is mother

holding our grief

in tears of rivers

and our cries

in open arms of bays.

The land is grandparent

rocking our childhood

in hollows of hiding

and hillsides for sliding

and plains as open as pikelets.

**To hear trees speak**

Water

earth

air

fire birthing God.

Dark

moon

sun

light birthing God.

Stars

woman

man

humans being bare enough to hear trees speak.

Now our love of owning

and of burning trees deafens us

to all but our own voice.

**Litany**

Solemnity of mountain strengthen us

Crescent of moon shield us.

Wand of star guide us.

Fall of leaf teach us.

Circle of love companion us.

Horizon of hope console us.

26 March 2020

[**Prayer for Life During COVID-19 Lockdown**](https://ignatiansolidarity.net/blog/2020/03/14/examen-covid-19/)

*Written by Mary Jackson Kay, Cenacle Sister for use by anyone*

**Welcome t**o this time of prayer, reflection and sharing as we begin **Level 4 Lockdown to combat COVID-19.**

As we come to terms with *physical distancing* may it lead us to deeper intimacy and great unity in our hearts and in the entire world.

# In John’s Gospel 15:4 Jesus has reassuring words while we have to stay at home for the greater good:

**“Live in me. Make your home in me just as I do in you.”**

I’ll lead us now in a time of prayer individually and then a time of sharing together.

As we begin I invite each of us to take a **deep breath**, relax and **share *your name and an image or colour to describe how you are feeling right now….***

* The very phrase **lock-down** can conjure up terrible images….**Turn it around…**
* ***What is it you need to lock down, lock out…both personally and in our local and global communities?***
* ***Place it somewhere*** *locked away for this time…*

**Take a moment to arrive** in your body, your mind and your heart. Listen to your breathing….tense your shoulders into a shrug breathing in, hold it a moment, then relax breathing out; shrug again breathing in, hold it and then relax as you breathe out.

* As you settle imagine you are in a ***safe place that you love,*** it may be outdoors or inside, on your own or with others.

What does this place look like- notice the colours, the sounds and atmosphere.

* **Become aware and welcome the presence of God.**
* **Share with God how you are feeling** and how **COVID-19 is impacting your life….**especially being asked to distance ourselves physically distance from one another.
* **Ask God how you can stay connected with people?**
* **Ask God for the grace and wisdom you need right now...**
* **Open your hands in your lap and imagine Jesus is placing a gift in your hands to help you feel that gift, it may be a symbol, a few words, a colour, a song.**
* **End by give thanks for the gift of this time of prayer.**

**Noticing** your breathing, become aware of where you are and greeting each other with a smile.

* **And let us take some time to share with each other now something from your prayer….**

**End with a blessing of one another……**it seems we breath in the dreaded Corona Virus so now let’s safely share our breathe with one another as a blessing….cup your hands and blow health and peace to one another.

**Amen**

**7 Poems for praying in time of**

**Corona Virus Lockdown**

**By Anne Powell**

***Going deeper***

Go down

down

down

to the place in you

where fire and silence dwell ~

the place of power.

Go down

down

down

to that pool in you

of weedless water ~

the place of knowing.

Go down

down

down

the moss bright path

to your Grandmother’s house ~

the place of song.

Go down

down

down

to the last strawberry ~

freshness of God.

***Visit us***

Visit us

in breath of wind

in endurance of cliffs

in glow of kowhai

in silence of stars

in solitude of moon

in eyes of the poor

in embrace of a mother

in pleasure of friends

in faith that does justice.

***Hints for middle years***

You want to get

to where you’re going

even if you don’t have a map

or a torch

or a long piece of rope

for emergencies

let alone a Band-aid.

The thing is to do the journey.

Enjoy wherever you pass

be it city

or shoreline

or paddock

or people.

And tune your breathing

to the rhythm of soul.

***The learning tree***

I draw on strength from rising moon

I draw on strength from Mary’s womb.

I draw on strength from tumbling wave.

I draw on strength from One who saves.

I draw on strength from kauri tree.

I draw on strength and learn to be.

***Letting go***

When it comes to prayer

trying hard is not the answer

Think more of flying

a kite to freedom

on a clear day

or bathing beneath a waterfall

each sense awake

or letting the heart-gaze rest

on beauty.

Beauty opens to presence.

Hafiz would shout

“enjoy the love-ride, my friend."

***Like a koru***

I am a listener

hearing

the split of silence

at Huka Falls.

I am a singer

making

music on the wind

in the tussocks.

I am a woman

awaiting

the rise of yeast

and the sound of bread growing.

I am a traveller

opening

like a koru

my ear.

***Aotearoa Litany***

Green of fern refresh us

Feathers of kereru warm us

Rocks of Moeraki encircle us

Waters of Taupo bathe us

Dive of gannet focus us

Arc of rainbow protect us

Stars of Southern Cross guide us