

“God is our refuge and strength, a very present help in trouble.” Psalm 46:1

Psalm 46 is a strong biblical passage that reminds us that even in the face of trouble, God is with us. The reality is that there will always be difficult times and we are living them now, but God promises to be our refuge. We can find strength and peace when we believe this is true and we can find comfort through the words of others. This poem is shared to do just that.

A Poem of Reflection

“When this is over, may we never again take for granted

A handshake with a stranger

Full shelves at the store

Conversations with neighbors

A crowded theater

Friday night out

The taste of Communion

A routine checkup

The school rush each morning

Coffee with a friend

The stadium roaring

Each deep breath

A boring Tuesday

Life itself

When this ends may we find that we have become more

like the people we wanted to be, we were called to be,

we hoped to be, and may we stay that way – better for

each other because of the worst”

About the Author

The author, Laura Kelly Fanucci, a Minnesota resident, writes a syndicated column, “Faith at Home,” published in Catholic newspapers nationwide and has written six books. This poem is a gift from her to the world. She shares this message: “The words came to me in the middle of the night. Our youngest child is only 3 weeks old so I'm up with him at all hours. Everything feels darker and more frightening at night, so I started wondering what small good I could offer to people as a writer. Since then, it took on a life of its own. I've simply been sitting back and watching. Hoping it offers people some hope and comfort in such an anxious time.”

Hope Scripture from Romans: 5:1-5

“Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in

our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us."