

**Be not afraid!**

**One of the most often repeated refrains in the Gospel is "Be not afraid."**

**Today Jesus repeats this.**

**There are two opposite poles:**

**Cowering in terror.....and total fearlessness.**

**Probably most of us are in the middle somewhere.**

**Consider masks. Some people apparently think them to be a sign of fear or weakness and thus refuse to wear them.**

**They totally disregard the harm they may do to others and ultimately to themselves.**

**These indeed are fearful times, but what we ought to aim for is the middle which is caution that is the middle between terror and recklessness.**

**Today's Gospel is very consoling. Are you not worth more than any flock of sparrows?**

**And the Introit reminds us:**

**"The Lord is the strength of his people,**

**a saving refuge for those He has anointed."**

**And so we pray:**

**Walk with us through the dark valleys**

**and restless nights.**

**The Virus is to our left,**

**and to our right.**

**Help us to find the Middle Way.**

**between terror and recklessness.**

**Good Shepherd,**

**be our Guide.**

## 12 Sunday, Ordinary, June 21, 2020

Written by Fr. Fitz

Thursday, 18 June 2020 15:55

---

**Amen**