

One Response to Social Distancing

The curious matter of social distancing is the way it forces us to stop, shelter ourselves and reflect on what is not happening. One parishioner asks the question of the difference between isolation and solitude. Social distancing is enforced as a health caution in a pandemic such as we have now. Do you isolate yourself? Or do you practice solitude? Hopefully, you are doing the latter. The monastic life is one of solitude, quiet reflection on life with the Holy Spirit. Being quiet with God is not being alone, rather is connecting in the depths of our spirits with God's Spirit. This is solitude, being alone and together at the same time. Social distancing allows us to practice this graciously. Isolation is full of self-willfulness, is ego centric, choosing to separate from other people based on our own interests and biases. When we really look at isolation we are wishing to make ourselves worthy or maybe powerful. We do this only by choosing to compare ourselves to others. Isolation has to do with distance, and separation, and always results in disappointment over time. The smallest package in the world is a person wrapped up in him or herself. All of us at times separate ourselves from God. Yet, He still loves us and wants us. He keeps knocking at the door of our hearts. The latch is on the inside whenever we wish to open the door. Solitude is the way to letting him back in and accepting His forgiveness. WE are never alone when we practice solitude.

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