



JESUS WALKS ON THE WATER

Those in the boat said, "Truly thou art the Son of God," as Jesus saved Peter from sinking.—*St. Matthew 14, 22-33.*

“Do Not Be Afraid”

By Camille Herr

The words, “Do not be afraid” are mentioned over 365 times in Scripture. Which leads me to believe that God wants to remind us every day, not to fear.

We are living through some very trying times right now. Facing shut downs, quarantines, isolation, social distancing, face masks, loss of jobs, separation from family & friends & the sickness & death from Covid 19, are certainly causing a lot of fear. We are in a state of limbo, waiting for our Scientists & Doctors to come up with a vaccine & cure, so we can have control of our lives again.

But God is ultimately the only one in control. And, although God did not send us this virus, He can use it for good. If we take the time to look more closely, we will see that He is at work all around us & within us. God is using this time for us to be. To be home, To be with our family, To be with God. We have heard over & over that “We are in this together.” And that is certainly true. I liken it to a flock of geese flying in a “V” formation. Why, you may ask do they fly like that? It was discovered that when each bird flaps their wings, they create an uplift for the bird that follows. And when the geese that are at the head of the formation tire, the ones in the rear take their position. Together, the flock gains 70% greater flying distance than if they fly alone. Like the geese, we are stronger together. We need each other to help, encourage & uplift one other.

It is times like these that God awakens new insight within us. We gain a deeper sense of just how precious life is. How every moment, every breath we take, the people in our lives, are all gifts from God. That those we love can be here today & go on to The Lord tomorrow. And, that we should not take any of these gifts for granted, but treasure them.

The Scripture passage from Matt. 14:27 is a frightful scene with the disciples being tossed about in the waves raised by strong winds. When they cry out to Jesus in terror, Jesus reassures them: “Get hold of yourselves! It is I. Do not be afraid! “Once Jesus calms the wind, Peter’s eyes were opened, declaring, “Beyond doubt you are the Son of God!” Fear can blind our vision & we can lose sight of Jesus. By continually keeping our focus on the storm, the fear of the storm worsens within us. We need to fix our eyes on Jesus, especially during this pandemic, reach out to him in prayer, believe & trust that He will bring this virus to an end & that He will calm our fears. “It is I. Do not be afraid”



Camille Herr has been a member of Catholic Women of Zion from its grass roots beginning 31 years ago to its present day. She serves as recording secretary to the Executive Board and is the wife of our late Deacon and CWOZ advisor, Ed Herr. Camille is a member of St. Dorothea's Church in Eatontown where she currently serves as a Lector, Special Liturgy Coordinator and speaker for the RCIA Process. Camille has served as the Coordinator for the St. Dorothea Pastoral Care Committee and Visitation of the Sick Program and has been a speaker at CWOZ luncheons and retreats, Parish Missions, and at a Deacon's Convocation with her husband Ed. Camille is the mother of a married daughter and grandmother of one grandson.