

## Day 213 – Monday, October 19, 2020

On Saturday I was participating in a webinar, and as I was watching the computer screen, I could see the first snowflakes descending from the sky. It immediately put me in a depression. My least favorite time of year is Fall. I don't think of the beautiful colors, I think of all the life ebbing out of the world. When the first flakes appear, I can only think of the long cold winter ahead.

However at the same time I got my daily text from Sr. Mary. She was rejoicing that she was able to be outside and experience the first snowflakes to land on her nose. It completely exhilarated her.

It got me to thinking other than the chemical depression that is a result of a chemical imbalance, the depression that many of us experience is the result of a frame of mind. We can be depressed at the first snowfall, or we can be exhilarated. That is our choice. Perhaps instead of focusing on life ebbing out of the world, I need to focus on the joys that come with this season.

I think the same can be said about this whole COVID thing. We can either focus on the negative, how our world has been negatively effected: sports, leisure, family, finances, social gatherings. Or we can focus in the opportunities that we have been given: extra time for prayer, books that can be read, phone calls to reconnect, development of a hobby. The way that we look at this time is our choice.

Perhaps we need to focus on the positive.

When we look at the crucifixion, we can either focus on the lunacy of humanity, and what we did to the Son of God—which would send us into a major depression. Or we can focus on the great love our God has for us, and the extent that he is willing to go to show us that love—which would fill us with great joy. Our faith is all about hope—let us take joy in the great love our God has for us...and even if it is Fall and all the life is ebbing out of the world, let us be filled with the joy this season can bring us.

*In the light of eternity, we're here for a very short time, really. We're here for one thing, ultimately: to learn how to love, because God is love. - James Finley*

Sincerely,  
Fr. Jim Kaptein