

In the gospel last Sunday, Jesus healed a man who had been blind from birth. Jesus doesn't restore the man's sight by performing a complicated surgical procedure. He does it by spitting on the ground and rubbing the mud on the man's eyes. He didn't need seven years of medical school and a residency to accomplish this. What He did was something very simple, yet a great healing was accomplished through it.

Sometimes, the deepest healing takes place in very simple ways. Maybe a person's deep sense of isolation and loneliness is healed by an invitation to take part in something. Maybe a word of praise helps heal a person's sense of inadequacy and worthlessness. Maybe a word of gratitude lets someone know he is appreciated and not taken for granted. Maybe a word of comfort helps a person deal with the loss of a loved one. Maybe we don't even have to say anything. Sometimes just listening to a person helps bring healing to that person, letting that person know he or she matters.

In this time of pandemics and stay at home orders, people may be in need of healing in their lives in some simple ways. Maybe checking in on a neighbor who lives alone will mean more to that person than we will ever know. Maybe the support we offer others can help calm their fears. Letting people know we are there to help them if they need us can help them feel connected and not isolated or alone. What are some simple things we can do at this time to help bring healing to the people who need it the most?

Fr. Jim Hyland