

6<sup>th</sup> April 2021

## Recovery

**“Sir, My pa requests me to write to you, the doctors considering it doubtful whether he will ever recuver the use of his legs which prevents him holding a pen. *Fanny Squeers.*”**

*Charles Dickens, Nicholas Nickleby*

“Long Covid” is now a recognisable and definable malady. Like PTSD (Post Traumatic Stress Disorder) and ME (Myalgic Encephalomyelitis), it’s well documented that it can last for a long time. I watched, with a mixture of horror and admiration, a TV recent report on the effects of Long Covid on a relatively young man. After nearly three weeks on a ventilator, he’d spent several months in hospital and is now home with severe breathing restrictions and great difficulty in walking. And he used to be fit and active.

This isn’t something I have to live with personally, but I do recognise well enough the long-term effects of living with a burden, a problem, or a period of stress, uncertainty or grief. In that sense, this past year has affected most, if not all, of us in one way or another. And just because we’ve come through an Easter weekend – with all its symbolism of new life, fresh beginnings, a light to follow – it doesn’t mean that suddenly every stress is lifted and that everything will be just fine from now on. Our spiritual lives have had a battering too, and our Season of Lent, or a Holy Week, or one Easter day, won’t offer us magical a new beginning.

We have recovery to deal with. We need rehabilitation in our spiritual lives, as much as in body or mind. There is work to do and guidance to take on board, exercises to follow and steady steps to take. But we will live with the effects of this pandemic – in our spiritual lives as in everything else – for a long, long time.

We *will* be restored to health; I have no doubt about that. We will “recuver” the use of our spiritual legs and be fit and active again. Our recuperation will allow us once more to hold our metaphorical pen and communicate with our God, in honesty, enlightenment and prayer, and thus strengthen our spiritual arm. But it will take time, and it may be hard work. The process of recovery is, in many ways, only just beginning.

### **A prayer for today**

*Lord be with me in my recovery. Help me build up my spiritual strength again. Amen*

*An original reflection by © Tom Gordon*

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