

How does one become peaceful in a world full of turmoil? How can peace be maintained over a year-long pandemic strain?

In March 2020 when the order to stay at home was given, “peace,” as I knew it then, ended. At first I faithfully watched the news and gleaned from it all the information that I could take in, but I found that I was becoming anxious and spending all of my time reaching for more “information.” It took me about one week to come to the realization that almost nothing on the news was entirely reliable. Oh yes, we knew that this terrible virus was headed to the United States and that there would be a resulting number of deaths, but all the predictions were simply what experts thought would happen. People of science gave their best effort, but face it – you could find “science” on whatever side of the discussion you were on. None of the information offered a viable solution to the problem. What peace could be offered by the experts that we relied on?

And so I stopped watching the news and haven’t purposely listened to it since March of 2020. I instead turned towards what has always sustained me through trials and trouble. I turned to my faith in the one TRUTH of this life. My Lord Jesus Christ gives me that TRUTH. I turned to my piano and let music fill my soul with hymn verses that repeatedly told me that the Lord God in HEAVEN was in full control. His promises were a soothing ointment to my soul. I turned to my church’s online services and was refreshed through live services and Bible study. The comfort that I never felt while obsessively learning the facts of the virus filled my heart, and I found PEACE.

So how could I share my inner peace? I wanted my friends and colleagues to also feel this rest. It was evident in Video calls that others did not share my “peace”. Every conversation that I have held for the past year has contained the word “COVID.” My goal became to be extra cheerful and welcoming every time I was able to interact with colleagues at the university and friends throughout the community. I tried to add humor to my virtual meetings and phone conversations. I made it my mission to become a pleasant diversion in their day.

While I continue to work from home and feel the effects of COVID in other areas of my life, I am at peace. In breaks during the day and off-work hours, I find respite in Scripture and in sitting down at my piano to play sacred music. I laughingly tell people that COVID has increased my repertoire of music and improved my keyboard technique through countless hours of practice time. That time spent in reflection and praise of my Lord has certainly brought me my desired PEACE.

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