

# Selah

*Peace in the time of Corona*

Take the insult of this isolation God

And fashion from it

Flourishing and fruitfulness

From this sentence of suspension

Shape a sabbath

Craft from this cessation

Celebration

In this uninvited interval

Teach us God

To savour slowness

To find the sense

In our solitude

To make of this

A holy hiatus

Remind us

Where we have forgotten

That music has meaning

In the see-saw

Of silences and sound

That we read

Not by words alone

But by the spaces

In between them

That we compute

By urging every one

To find its zero

We thrive by the thrust

And the recoil

Our life is in the pressure

And the pause

May the psalms we sing

In our seclusion

Be the richer

For the stillness

Of this sacred

Selah moment

By Gerard Kelly, from *I See a New City*