

Daily Reflection

March 19, 2020

Today is the Feast Day of Joseph, Jesus' earthly father. You can read what little is known of him at: <https://www.missionstclare.com/english/March/whole/morning/19m.html>

We commonly refer to Joseph as a carpenter. Some debate whether the Greek word TEKTON used to describe him might have meant that he was a mason or metalworker. In all cases, we know that he worked with his hands to build things. So, Joseph's feast day is often celebrated by blessing hands for the work that they do.

Current times have us much more conscious of our hands than usual. We notice what they touch. We wash them more regularly. We stop them from touching our faces. But have we paused to give thanks and bless them? Even if affected by arthritis or injury, they are marvelously made with 29 bones and 34 muscles. Today is a good time to pause and pray:

Bless these my hands
For they have borne heavy loads
Touched peril and disease
Brought music alive
Shielded others from harm
Signed my thoughts
Conveyed my love
Made real my inspirations
Labored for life and warmth and light
Shared food and offered water
Clapped and clasped
Comforted and defended
Held my head and wiped my tears
Bless these my hands
Bless these holy hands



Now absorb this: **You** are God's hands, and this is God's blessing for you, this day and always.

Pastor Kathleen Kelly,

Interim Rector