



## Episode 4: In God Alone

"Truly my soul finds rest in God;  
my salvation comes from him."

{ Psalm 61:1 }

NEW INTERNATIONAL VERSION

This was a weird weekend for many of us, the first weekend we couldn't attend masses in person. In my home parish we spent the weekend trying to figure out how to do the liturgy via Zoom.

I'm a bit weary, not just after the week's adventures, but also as we're starting to sense that this is going to be some weeks, maybe some months. Judging by how many people were out yesterday as I was walking the dog, we're not that good at this whole social distancing thing. We really value a sense of community. We are going to have to figure that out.

Reflecting on what to share today, I keep coming back to Psalm 61(62), which appears on the 8th Sunday of ordinary time, Year A. It's a beautiful bit of text I set a few years ago and I've loved it ever since. It became the title track of the first EP I recorded without Mike Stanley. When I set it, I wondered why I hadn't really noticed it before and it's because it gets lost in the transition into Lent. It is very apt now.

Let it serve as a reminder to us as the weeks draw on and we get a little virus-weary that we can lean into the Lord and He will be our rest in these days when all else is turmoil.

In God alone,  
In God alone,  
In God alone is my soul at rest.

In God alone is my soul at rest;  
my help, my help comes from him.  
He alone is my rock,  
he alone is my stronghold, my fortress:  
I stand firm.

In God alone be at rest, my soul;  
for my hope, my hope comes from him.  
He alone is my rock,  
he alone is my stronghold, my fortress:  
I stand firm.

God alone is my safety and glory,  
he's the rock, the rock of my strength.  
Take refuge in God, all you people.  
Trust him at all times.  
Pour out your hearts before him.

### **In God Alone**

Words from Psalm 61(62)

Music by Jo Boyce

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Where do you feel weary  
and how can you rest in the Lord?