

2020 | What we were sharing during COVID19 - Shelter in Place Orders

And the people stayed home.

And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and grew gardens full of fresh food, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently. And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal. And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.

~Kitty O'Meara | 2020

<https://womenshouldknow.net/fact-people-stayed-home-viral-poem-kitty-omeara-2020/>

Imagine | John Lennon

Imagine there's no heaven
It's easy if you try
No hell below us
Above us only sky
Imagine all the people living for today
Imagine there's no countries
It isn't hard to do
Nothing to kill or die for
And no religion too
Imagine all the people living life in peace, you
You may say I'm a dreamer
But I'm not the only one
I hope someday you'll join us
And the world will be as one
Imagine no possessions
I wonder if you can
No need for greed or...

Surviving | Submitted by Stu Webb

Lockdown

Yes there is fear.

Yes there is isolation.

Yes there is panic buying.

Yes there is sickness.

Yes there is even death.

But,---

They say that in Wuhan after so many years of noise

You can hear the birds again.

They say that after just a few weeks of quiet

The sky is no longer thick with fumes

But blue and grey and clear.

They say that in the streets of Assisi

People are singing to each other

across the empty squares,

keeping their windows open

so that those who are alone

may hear the sounds of family around them.

They say that a hotel in the West of Ireland

Is offering free meals and delivery to the housebound.

Today a young woman I know

is busy spreading fliers with her number

through the neighborhood

So that the elders may have someone to call on.

Today Churches, Synagogues, Mosques and Temples

are preparing to welcome

and shelter the homeless, the sick, the weary

All over the world people are slowing down and reflecting

All over the world people are looking at their neighbors in a new way

All over the world people are waking up to a new reality

To how big we really are.

To how little control we really have.

To what really matters.

To Love.

So we pray and we remember that

Yes there is fear.

But there does not have to be hate.

Yes there is isolation.

But there does not have to be loneliness.

Yes there is panic buying.

But there does not have to be meanness.

Yes there is sickness.

But there does not have to be disease of the soul

Yes there is even death.

But there can always be a rebirth of love.

Wake to the choices you make as to how to live now.

Today, breathe.
Listen, behind the factory noises of your panic
The birds are singing again
The sky is clearing,
Spring is coming,
And we are always encompassed by Love.
Open the windows of your soul
And though you may not be able
to touch across the empty square,
Sing.
Fr. Richard Hendrick, OFM
March 13, 2020

Thankfulness | COVID-19

Shared with CLI Google Group | Judy Johnson

Thanks so much for your contributions toward our mutual sanity! It's good to hear from those of you who are checking in!

There is so much to be heart-stricken and concerned about for those who have been infected by this virus, and those who have been hit by its secondary impact (remembered below), but even in the face of this I can't stop thinking about things I am personally thankful for right now (beside my continued health).

We have all read some of the research on the beneficial effects of a thankful spirit on mental and physical health -- so:

Here is a short list for the week, and the most important is undoubtedly No.10:

1. **Fresh air!** The before-and-after pictures from India and China are perhaps the most dramatic, but I swear the sky even in Minnesota is bluer and the air is fresher – personally, I'm really enjoying sniffing it in, the second I step outside. It is bringing back memories of being a little kid and running around outside until the 9 pm fire siren curfew, playing hide and seek with neighborhood friends (no problems in social distancing even back then!).
2. **Less commuting** – Even when I need to head back to the office to pick up my mail, I can set the cruise control and forget about it. The reduction in stress is tremendous.
3. **More time for sleep** – yeay! Related to No. 2 above, but even my tendency toward arthritis is much improved.
4. **Thinking more about what's important in life** – and feeling that the rest of the world is with me right now on that one! As the Queen said in her speech to the Commonwealth on Sunday, “many people of all faiths, and of none, are discovering that it presents an opportunity to slow down, pause and reflect, in prayer or meditation”.
5. **Exercise** – my Pilates routine and light weights and more time for walking make everything feel better.
6. **Simple human touch** – I admit that I have always enjoyed “anticipation” more than “surprise” in my life (even when it came to birthday parties), but this is one of the things I am looking forward to the most – hugs! Shaking hands! Eventually, these will all be back, and I can't wait!

7. **Dinners out with family and friends** – This is also in the “anticipation” category, but once it comes back I will be more grateful than ever for it. Top pick (fill in yours here: _____): A table outside at Maynards in downtown Excelsior, watching the sun set over Excelsior Bay.
8. **Zoom** – Who would have thought I actually enjoyed any technology at all! But we had a family Zoom meeting last night and I got to see everyone – my sibs, their spouses, my nephews – it worked just great! I’ve decided that we need to have a rule for our clients on this, though – no showing up to joint meetings on a cell phone!
9. **Less violence** – Have you seen the reports that DWIs are down 68% in Minnesota? And that violent crime has declined dramatically? In this era of social distancing, even the Middle East seems to be taking a break.
10. **Our First Responders** – the medical servants, and those all over the world who are giving their health and safety, and sometimes their lives, to care for others. I think especially of the handsome young doctor in Wuhan who was among the first to speak out about the virus – and was accused of crimes for speaking the truth. He became infected and gave his life in service to others.

The concerns for our world, including family, friends, neighbors, and clients, are many. First, we remember all those who have been stricken, with their families and friends, and lift them up in our hearts the best we can, donating resources where it seems it will do the most good. And, that means around the world, especially where health care is in shortest supply. And for those who are suffering secondary impact – right now, I have a client with breast cancer who was just diagnosed, whose surgery was cancelled due to virus concerns, and is facing a different type of treatment which will take longer and may not be as effective. She has great health resources, who believe this will work for her, but I’m sure it would feel much better to have had Option One available. And those whose jobs and income have been lost, around the world, who are worrying about putting food on the table. All these need to be remembered. In Minnesota, almost half of all those working make a living through small businesses, and their losses are our losses as well. So many concerns – more than anyone can imagine.

But this message is about thankfulness.

We will all be changed as a result of this, and many changes will be hard, and difficult to adjust to. But not all of them.

So sometimes, it is a good thing just to stop and be still and think about the good.

Blessings on all of you! And my continued hope for your safety and health, together with your friends and families, and on your businesses as well, on the other side of all this!