

Reflection #21
By Eugene Dufour

Coping with The Fear of COVID – 19 Infection
Who You Are and What You Do, Makes A Difference During This COVID – 19 Crisis

Today's reflection will be very simple, and I will let the statement below from a retired schoolteacher speak to your heart and soul. By respecting the direction of our political and public health leaders and following physical distancing – you are making a difference. By supporting our health care, food supply and other front-line providers – you make a difference. Being a healing presence and listening to the stories of suffering – makes a difference. Providing a “felt presence” from a far is a powerful way of caring

The Smallest Gesture of Caring

I am one.

But I am one.

I cannot do all things'

but I can do some things.

What I cannot do I will either

seek help from others or

will accept that my presence

is all that I can offer.

What I can do

I will do with my best wisdom

and the continued belief

that even the

smallest gesture of caring

will never be in vain.

Your caring makes a difference!