

Reflection #23
By Eugene Dufour

Coping with The Fear of COVID – 19 Infection

The COVID-19 crisis has allowed us to become involved in many forms of work: providing care to our families, the work of physical isolation, staying home and safe, the work of virtually being connected to family and friends, the work of caring for our community, and most importantly, the work of coping with the fear of this virus and the unknown. Today's reflection is a celebration of how we have radically changed how we work during this crisis and how we stay motivated to keep this momentum going. John O'Donohue, the Irish Poet, has brought back the ancient art of giving and receiving blessings. Take a moment to reflect on the importance of the many facets of your work or presence during the COVID-19 crisis.

Heartful Work Brings Beauty - A Blessing – John O'Donohue

May the light of your soul guide you.

May the light of your soul bless the work that you do with secret love and warmth of your heart.

May you see in what you do the beauty of your own soul.

May the sacredness of your work bring healing, light, and renewal to those who work with you and to those who see and receive your work.

May your work never weary you.

May it release within you wellsprings of refreshment, inspiration, and excitement.

May you be present in what you do.

May you never become lost in the bland absences.

May the day never burden.

May dawn find you awake and alert, approaching your new day with dreams, possibilities, and promises.

May evening find you gracious and fulfilled.

May you go into the night blessed, sheltered, and protected.

May your soul calm, console, and renew you.

It is good for me to remember that my work and presence is guided by my soul – that vital breath that comes from deep within. Let our "vital breath" guide us through the next phase of this marathon of loss.