

Reflection #19
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Coping with The Fear of COVID – 19 Infection The Power of Your Personal Presence

It is extremely difficult to see our family members, friends and the community at large suffer when we “can not be there for them... physically. During a crisis people often feel a “felt presence”. This is a silent companion or guide that journeys with us during a difficult time. We can never underestimate the power of our presence. The following can happen when we share our own personal presence:

- Courage of Presence – I can be with your pain without wanting to hide it, fade it or fix it.
- Compassion of Listening – bearing witness, allowing the person to ventilate, validation.
- Humility of Helplessness – Your helplessness frees you to be present.
- Confidence of Trust – I have the resiliency to share my presence.
- Belief in Hope – We will get through this.
- Peace of Adequacy – I have the skills and energy to journey with you.
- Freedom of Inadequacy – I do not need to have all the answers.
- Comfort of Companionship – I do not know what to say... but I am here for you.

The most important aspect of personal presence is that it can be given over the phone, through Facetime, Zoom or any other virtual platform. COVID – 19 is not allowing many of us to be there physically but we can be there in spirit and this is just as effective. Remember the last time someone said to you... “I just needed to hear your voice.” It is this kind of presence that will help us walk through this difficult time – together.