

*Let us gather our minds and hearts in a spirit of prayer and meditation,*

We pray for those who live alone or are lonely.  
May they find connection in a smile on a walk,  
in a videoconference, in a phone call.  
May they reach out and extend themselves  
and may their call be answered.  
May they know that they are not alone on  
this journey and that this too shall pass.

We pray for the parents, the grandparents  
and caregivers who are home schooling  
for the first time.  
May they know they are enough and that  
their love and their attention is more  
important than any other lesson.  
We surround them with compassion.  
May creativity and humor and rest find them.

We pray for the frontline workers  
– the mail carriers, the grocery store  
stockers, and especially the chaplains  
and medical staff in our hospitals.  
May they be able to find wellsprings of  
creativity and courage to address the  
anxiety, the unknown, and the pain  
with compassion and care.  
May they and their families be blessed  
and surrounded by love.

We pray for those who are sick at home.  
May they be wise enough to care for  
themselves and let go of what doesn't  
need to be done.  
May they be surrounded by love and care  
and may what they need find its way  
to their doorstep.

We pray for those who are ill in hospital,  
especially those who are without family  
or friends.  
May they know that they are not alone.  
May they feel the prayers of those who  
love them.  
May their spirits also be buoyed by the  
caregivers who are with them.  
May they discover wellsprings of courage  
and peace.

We pray for the families of those who have died  
– those who are grieving and groping  
towards human comfort and connection  
in the face of social distancing.  
May they find ways to honor their beloveds  
now gone and ways to nurture their grief  
and gratitude in this season of so much  
loss.

We pray for the homeless around the globe  
and for all for whom social distancing  
puts closer to the ledge of survival,  
closer to the edge of <sup>what</sup> one can endure.  
May all who are suffering find comfort.  
May all who are sick find healers and healing.  
May all who are hungry find nourishment.  
May all who are stuck in the middle of a  
raging storm find shelter.

May kindness, compassion, and cooperation  
reign in all hearts, through all hands, and  
in every step.

*Amen. Blessed Be. May It Be So.*