A Blessing From Sources of Strength During COVID-19
by Founder Mark LeMurray

May we have the wisdom to use our knowledge to help, to heal, to calm fears.
May we use our strengths to remain physically isolated but relationally connected.
May we be creative, finding and exploring new healthy activities that energize, calm, and balance our lives.
May we practice generosity, not siloing ourselves emotionally nor hoarding physical items but maintaining a spirit of help and abundance.
May we devote time and presence through screens and social media to those who may be feeling most alone.
May we practice gratitude daily, naming what we are thankful for, say it, share it, sing it out each day.

Even in the midst of our difficulty, challenges, and burdens, may we be open to growth.
May we share our resources with those in financial, emotional, physical, or spiritual need.
May we ask for help when we need it.
May our medical and mental health community receive the resources they need to have fortitude during this time.
May the system dreamers find new and creative ways to reach those most in need.

As we draw back toward home, family, tribe, or nation, may we be reminded, in our spirit, that we all are relatives on this earth.
May we be reminded, in our hearts, that no matter where the virus hits, it is not Them, but Us.