

Washing With Wisdom

Tired of counting to 20 or singing “Happy Birthday” in your head? Take a moment to slow down and breathe. Use this poem as a reflection while you wash your hands. We hope that you will walk away a little more refreshed.

~ *Your Chaplain Team*



When this is over,
may we never again
take for granted
A handshake with a stranger
Full shelves at the store
Conversations with neighbors
A crowded theatre
Friday night out
The taste of communion
A routine checkup
The school rush each morning
Coffee with a friend
The stadium roaring
Each deep breath
A boring Tuesday
Life itself.

When this ends,
may we find
that we have become
more like the people
we wanted to be
we were called to be
we hoped to be
and may we stay
that way--better
for each other
because of the worst.

~Laura Kelly Fanucci

Photo by: Jana Troutman-Miller

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“However”

By David Haas

So much has been and will continue to be, for some time, cancelled: sports events, concerts, plays, worship services, rallies, travel, meetings, classes, family gatherings, and so much more.

However...

Love has not been cancelled.

Mercy has not been cancelled.

Prayer has not been cancelled.

Attentiveness has not been cancelled.

Goodness has not been cancelled.

Thanksgiving has not been cancelled.

Loving relationships have not been cancelled.

Music has not been cancelled.

Conversations have not been cancelled.

Learning has not been cancelled.

Courage has not been cancelled.

Families have not been cancelled.

Faith has not been cancelled.

Hope has not been cancelled.

And...

God’s presence with us has not been cancelled.



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“Praying”

Mary Oliver

It doesn't have to be
the blue iris, it could be
weeds in a vacant lot, or a few
small stones; just
pay attention, then patch
a few words together and don't try
to make them elaborate, this isn't
a contest but the doorway
into thanks, and a silence in which
another voice may speak.

