This Week's Reflection for Hope and Resilience

Well here we are, friends. We have geared up in our places of work, in our minds and in our souls for an unprecedented adversary -- one we cannot see, hear or predict. As we get further from the beginning of all this mess, many of us have begun to feel the losses. So I ask you, what things have you lost? What does your soul long for that is no longer an option? For many, we have lost time and intimacy with our loved ones. For others, we have lost hours (and pay) at work or at a second job. We have lost the opportunity to complete our “elective” procedure, start our fertility treatments or hold our loved one’s hand in the hospital. We have lost the option to gather together to celebrate someone’s life, or to hold a brand new baby after their birth. We have lost the sacred places of connection like coffee shops, salons, gyms and places of worship, where people gather and subtly know they are more connected than isolated. And we have lost control of so many things.

While we do not want to dwell on what we have lost, it is important to honor those things, to name them, to talk about them. What we are all experiencing is grief, the grief that is deep within our souls. To be human is to be connected, and we have had our personal and collective rugs pulled out from underneath us. You have permission to grieve. So how do we honor our grief, and how do we find our footing again?

Last year, brick by brick, I built our fire pit. My neighbors may have thought I was nuts, but I walked around it and prayed over it, consecrated it, making this space truly sacred ground. This week, I have written down all of the things that I am grieving, and soon I will sit around the fire, with the stars out, and one by one pray over them and release them to the flames. Each of us must find a way to both acknowledge what we have lost and then release it from our spirits in order to make space for what we have gained. There is newness here if we are ready to see it.

What gifts has this time given you? How are you creating new sacred spaces and rituals? What are you thankful for? May you let these dwell in your souls and bring you peace.

-Chaplain Melissa Strong