

Blessings During COVID-19: When Our Souls Touch, We Can Weather This Storm

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The thing to do, it seems to me, is to prepare yourself so you can be a rainbow in somebody else's cloud. Somebody who may not look like you. May not call God the same name you call God –if they call God at all. May not dance your dances or speak your language. But be a blessing to somebody. That's what I think.

–Maya Angelou, American poet

The COVID-19 pandemic has been a devastating blow to ordinary life. All of us, suddenly and without warning, are at the mercy of a force beyond our control. At times like this, questions of faith and meaning come sharply into focus. We humans crave order, and we live in linear time, one day after the next. But COVID-19 brings us into a time between what used to be and what is to come. We stand at the threshold of a new world. Yet we all know, in our heart of hearts, that life will never be as it was. The real question we have to ask ourselves is not “why?” but “who?” At the edge of the abyss, who do we turn to? Each of us will have our own answer. But one way to find meaning in this storm is to be there for one another. Perhaps your work is how you reach out. You may deliver the mail, bag the groceries, stitch up the wounded, build the ventilators, or comfort the grieving. Or you may reach out another way: calling a neighbor on the phone, sending an email to a friend, baking bread, shopping for a shut-in. Or perhaps you are one of those in need of help. Your part, then, is to be the other side of the embrace. It is this give-and-take, the call-and-response, the melody and the refrain, that makes the exchange into a blessing. It does not matter if you are the one giving or the one receiving, it is the attention to the moment that blesses it. We do not know if that next breath will be gifted to us. All we can do is thank each other for this moment, the one we have right now.

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Resources for spiritual wellness during COVID-19:

<https://www.earthandspiritcenter.org/programs/spiritual-support/spiritual-resources-for-covid-19/>