

“I Believe”
By Linda Gooley
Sunday, May 3, 2020

Good Morning,

Today is our youngest son Josh’s birthday. This is the 5th family birthday that we have not been able to celebrate together since Covid19 emerged on the scene. My heart aches to hug my children and grandchildren. To feel their embrace, to smell their wonderful little bodies. I’m sure you all are feeling the same thing. I have to say that I for one am getting really tired of all of this and I don’t see an end in sight. There is even a name for this feeling. It’s called social distance fatigue or quarantine fatigue. And, yep, I have it!

But I believe that we make our own reality. By that I mean we ourselves decide how we will react when things get thrown at us. So even if I have quarantine fatigue, I’m still going to decide how I’m going to feel every morning when I wake up. This is our reality right now. So, what can we do to stay upbeat and happy?

Well here is what I believe may help.

1. I believe, that if we meditate, we will feel the spirit of Christ within us. That wonderful sense of peace and warmth that spreads through our body.
2. I believe, when we meet here on Sunday mornings thanks to Chad, Brandon, Chuck and Troy we feel a sense of community.
3. I believe, when we talk to others via phone or FaceTime it feeds our soul.
4. I believe, when we feel grateful for the technology we have that **enables** us to talk using FaceTime or Zoom that the gratitude gives our spirit a lift.
5. I believe, that is good to use a great app called House Party that enables us to get together virtually and play games because playing is fun and fun is always good.
6. I believe, when we order food on line and drive up and have them put it in our trunk that we are saving lives by not going into a store.
7. I believe, when we go on hikes and reconnect with our beautiful earth that we can see the beauty of the Daffodils and Hyacinths. We can watch the trees that are beginning to blossom giving us a way to center ourselves and become more grounded.
8. I believe, that we can be grateful that since humans are staying in more, our earth’s atmosphere and waterways are clearing! What a great side effect.

So, even if I can’t feel my kids or grandkids hugs, I can see their little faces on FaceTime. I can watch Hazel eat her first marshmallow roasted over their new backyard fire pit that Seth made with all his extra stay at home time. I can see Dash jumping over the hot lava trail in their living room that Josh made for him to play on. I can watch both of them as they draw on the sidewalk with sidewalk chalk in front of each of their homes that are 70 miles apart. I can go to Maddy’s backyard and with careful social distancing see her wonderful garden that she has made out of her old swing set with a hanging watering system! It’s quite ingenious. And for the 5 birthdays that we missed celebrating together I can and did go on FaceTime and sing Happy Birthday to all 5 of them and see their smiles. I can order a gift from Amazon and have it delivered to their house. I can send them birthday cash through Apple Pay or put a gift on their porch.

Oh my gosh, I am so grateful for the ability to be able to do all of these things. But the thing that I am most grateful for is that we are all well and I intend to do everything in my power to make sure that we stay well. Things could be a lot worse and it is for a lot of other people. So today I’m here communing virtually with you, then I will stay home, count my blessings, be grateful, meditate and FaceTime with my kids.

Amen