

## **Pandemic**

What if you thought of it  
as the Jews consider the Sabbath—  
the most sacred of times?

Cease from travel.

Cease from buying and selling.

Give up, just for now,  
on trying to make the world  
different than it is.

Sing. Pray. Touch only those  
to whom you commit your life.

Center down.

And when your body has become still,  
reach out with your heart.

Know that we are connected  
in ways that are terrifying and beautiful.

(You could hardly deny it now.)

Know that our lives  
are in one another's hands.  
(Surely, that has come clear.)

Do not reach out your hands.

Reach out your heart.

Reach out your words.

Reach out all the tendrils  
of compassion that move, invisibly,  
where we cannot touch.

Promise this world your love--  
for better or for worse,  
in sickness and in health,  
so long as we all shall live.

Lynn Ungar

3-11-20

**Reach Out**  
with your **Heart**

**Reach Out**  
with your **Words**

**Reach Out**  
with all the **Tendrils of**  
**Compassion**  
that move,  
invisibly,  
where we  
cannot  
touch...



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