

**HELLO DARKNESS,
MY OLD FRIEND.**





Len Niehoff
@LenNiehoff



If we view ourselves as besieged victims who need to go into hiding, then we will cultivate fear and hoarding. If we view ourselves as a community working hard to protect the most vulnerable among us, then we will cultivate courage and helping. Mindset matters.

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In the rush to
return to normal,

use this time to
consider which parts
of normal are worth
rushing back to.

DAVE HOLLIS

**After years of wanting to
thoroughly clean my house
but lacking the time, this
week I discovered that
wasn't the reason.**



Community does
not necessarily
mean living face-
to-face with others;
rather, it means
never losing the
awareness that
we are connected
to each other.

- Parker J. Palmer





PRACTICE CHALLENGE

"When this has passed
may we say
that love spread more quickly
than any virus ever could,
may we say this was
not just an ending
but also a place to begin."

~ CHRISTINE VALTERS PAINTNER

A Wish for the Week Ahead

May you find rest from the worry and confusion, even if just for a few moments.

May you remember to check in with your friends and loved ones, because connection is important, now more than ever. May you take care of yourself while you're trying to take care of those around you.

May you take a little bit of time each day to appreciate something beautiful, may you see the good in your fellow humans, and may you stay in the present as best you can. We raise our coffee cups in solidarity.

