

Salt – Light – Hope

reflections and care for those who serve in pandemic
rebecca blair, stated clerk

March 25

Blessed are those who stay home, waiting for the resurrection not as a date on the calendar, but as the return to wholeness, health, peace, and community.

--Katy Stenta

Grief moves through us as we wait. We feel as if we are without each other, even as we come to understand that we need each other, that we are surprisingly beloved to each other. Psychologists call this feeling **disenfranchised grief**. While we are learning to Zoom into connections, we are also grieving the loss of the normal—familiar structures and routines, physical connections, jobs, offices, events.

In a [superb article](#) in *Harvard Business Review*, psychologist David Kessler explains the kinds of grief we are experiencing, gently urging us to look for the meaning within the grief that we feel. While it is healthy to seek hope, it is also healthy to grieve—all at the same time. In this Lenten time of waiting, let's hold space—for grief, for hope, for meaning, for one another, for ourselves, for God's presence, for resurrection.

Please pray with me:

Creator God, in Whom we live and have our very being,

We're so grateful that you are always present—never leaving or forsaking us. We give thanks for the technology that helps us to keep in touch with each other. Give us hope and resilience in this challenging season, and deepen our connections with You and Your people, knowing that the resurrection will come soon. Thanks be to God! Amen.