

# ***Pandemic***

*By Lynn Ungar 3/11/20*

*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.*