

**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.  
Centre 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.

**A prayer for this time from the British Methodist Church**

God of all hope we call on you today.  
We pray for those who are living in fear:  
Fear of illness, fear for loved ones, fear of other's reactions to them.  
May your Spirit give us a sense of calmness and peace.  
We pray for your church in this time of uncertainty.  
For those people who are worried about attending worship.  
For those needing to make decisions in order to care for other  
For those who will feel more isolated by not being able to attend.  
Grant us your wisdom.  
Holy God, we remember that you have promised that  
Nothing will separate us from your love – demonstrated to us in Jesus Christ.  
Help us turn our eyes, hearts and minds to you.  
Amen

### **A Prayer in the Time of the Coronavirus Epidemic -from Ireland**

All-loving God,  
Father, Son and Holy Spirit,  
we pray to you through Christ the Healer  
for those who suffer from the Coronavirus Covid-19  
in this country and across the world.  
We pray too for all who reach out to all those who have contracted this virus, those who are fearful,  
and those who mourn the loss  
of each and every person who has died in our world as a result of contracting the disease.  
Give wisdom to policymakers,  
skill to healthcare professionals and researchers,  
comfort to everyone in distress  
and a sense of calm to us all in these days of uncertainty and distress.  
This we ask in the name of Jesus Christ our Lord  
who showed compassion to the outcast,  
acceptance to the rejected  
and love to those to whom no love was shown.  
Amen.

*Archbishop Michael Jackson -Dublin & Glendalough*