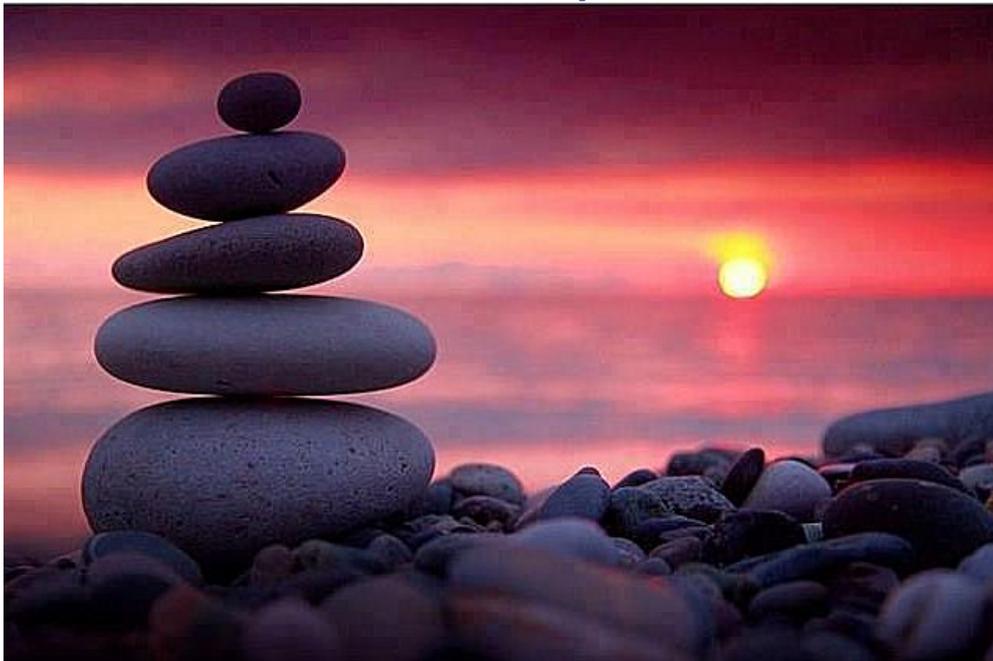


SPIRITUAL RESOURCES FOR COVID19 TIME

from various traditions
compiled by Rabbi Gabbi Sar-Shalom
Spiritual Care Department
Caulfield Hospital



BUDDHISM

Nourish positive emotions. This is one of the best ways to disarm fear and uncertainty. Buddhist teacher Thich Nhat Hanh uses the breath as the gateway to calm, joy, and other positive feelings. "Breathing in, I experience calm in me. Breathing out, I smile to the calm in me.

Breathing in, I experience joy in me. Breathing out, I smile to the joy in me."

<https://www.spiritualityandpractice.com/practices/features/view/28853/spiritual-practices-for-the-coronavirus-pandemic>

"May all beings be safe.

May all beings be content.

May all being be healthy.

May all beings live with ease."

<https://www.spiritualityandpractice.com/practices/features/view/28853/spiritual-practices-for-the-coronavirus-pandemic>)

Spiritual Practice by Thich Nhat Hanh

1. Breathing in, I experience calm in me. Breathing out, I smile to the calm in me.
2. Breathing in, I experience joy in me. Breathing out, I smile to the joy in me.
3. Breathing in, I experience equanimity in me. Breathing out, I smile to the equanimity in me.
4. Breathing in, I experience openness in me. Breathing out, I smile to the openness in me.
5. Breathing in, I experience happiness in me. Breathing out, I smile to the happiness in me.

<https://www.spiritualityandpractice.com/practices/practices/view/26868/nourishing-positive-emotions>)

CELTIC

John O'Donohue

This is the Time to Be Slow

This is the time to be slow,
Lie low to the wall
Until the bitter weather passes.
Try, as best you can, not to let
The wire brush of doubt
Scrape from your heart
All sense of yourself
And your hesitant light.
If you remain generous,
Time will come good;
And you will find your feet
Again on fresh pastures of promise,
Where the air will be kind
And blushed with beginning.

John O'Donohue (1956-2008) was an Irish poet, author, priest, and philosopher, best known for popularizing Celtic spirituality.

CHRISTIANITY

"If My people turn back to Me, I will heal and restore" (2 Chr. 7:14) –
(<https://www.charismanews.com/opinion/80359-8-things-every-christian-must-do-to-combat-covid-19>)

These may be familiar passages, but His Word is an ever-present help in times of trouble (Ps. 46:1), and His promises are a source of great comfort. Proverbs 3:5 reminds us to trust in the Lord with all our heart and not to lean on our own understanding. When we forget this principle, it leads to increased fear and anxiety. Psalm 28:7 reminds us that the Lord is our strength and our shield, and Jesus told us in Matthew 6:25 not to worry about anything because He is in control. Philippians 4:6-7 adds: "Be anxious for nothing, but in everything, by prayer and supplication with gratitude, make your requests known to God. ⁷ And the peace of God, which surpasses all understanding, will protect your hearts and minds through Christ Jesus." (<https://www.charismanews.com/opinion/80359-8-things-every-christian-must-do-to-combat-covid-19>)

Some Scripture readings

- The Lord is my shepherd, [Psalm 23](#).
- A plea for divine protection, [Psalm 90](#), Sunday Compline II.
- The call of his Heart, [Matthew 11: 25-30](#)
- A healing day with Jesus at Capernaum, [Luke 4:38-44](#)
- Children of God, [Romans 8: 14-17](#)
- Salvation and suffering, [1 Peter 1:3-9](#)
- The promise – a new heaven and a new earth, [Revelation 21: 1-7](#)

(<https://www.catholicweekly.com.au/prayers-in-time-of-a-pandemic/>)

BIBLICAL

Psalm 27, 1 1 'The LORD is my light and my salvation— whom shall I fear? The LORD is the stronghold of my life— of whom shall I be afraid?'

[Psalm 29:11](#)

'May the LORD give strength to his people! May the LORD bless his people with peace!'

[Psalm 34:17-20](#)

"When the righteous cry for help, the LORD hears and delivers them out of all their troubles. The LORD is near to the brokenhearted and saves the crushed in spirit. Many are the

afflictions of the righteous, but the LORD delivers him out of them all. He keeps all his bones; not one of them is broken.”

[Jeremiah 17:14](#)

Heal me, O LORD, and I shall be healed; save me, and I shall be saved, for you are my praise.

JUDAISM

"Whoever saves one life, saves an entire world" (Talmud, Sanhedrin 4:5).

Traditional prayer for healing:

May the One who blessed our ancestors, *Abraham, Isaac* and *Jacob*,

May the One who blessed our ancestors,

Sara, *Rebecca*, Rachel and Leah,

Bless and heal all who are sick,

Bring blessing and healing to all. (<https://www.ritualwell.org/ritual/when-world-sick-mi-shebeirakh>)

In Judaism, handwashing constitutes a ritual before all meals with bread. This ritual originated during the time of the ancient temple in Jerusalem. The priests washed their hands in order to purify themselves before consuming gifts of oil, wine, and wheat. The traditional handwashing ritual requires Jews to pour water over their hands three times and then recite a blessing. Jewish tradition also includes ideas about evil spirits and impurity that are also connected to handwashing. Such ideas, which may strike some today as strange and irrational, remind us that within our own tradition and other traditions there have always been a range of ideas and folk practices that develop to help people deal with things like uncertainty, fear, and things that are hard to explain and understand.

(<https://www.movingtraditions.org/coronavirus/>)

Guard yourself and guard your soul very carefully.” (Deut 4:9). This has been interpreted by scholars and rabbis as a command to take care of our bodies and souls. For example, Jewish philosopher, Philo of Alexandria wrote, “The body is the soul’s house. Therefore, shouldn’t we take care of our house so it does not fall into ruin?”

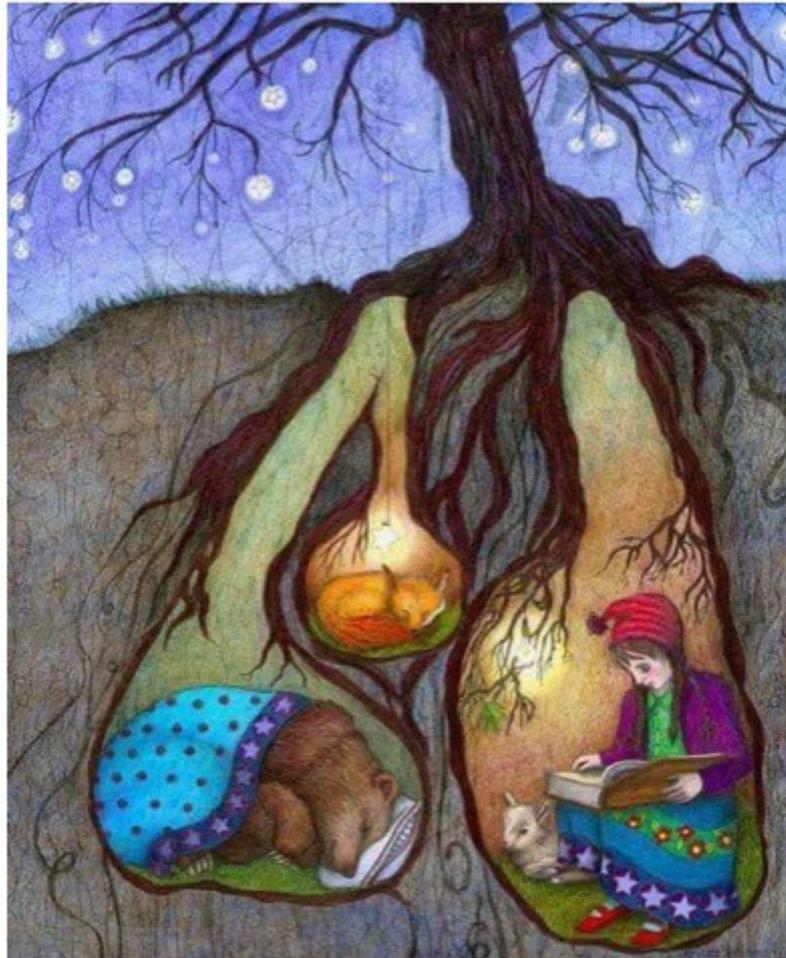
(<https://www.movingtraditions.org/coronavirus/>)

MULTIFAITH

<https://www.spiritualhealth.org.au/multifaith-resources>

UNIVERSAL

Calm breath https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_nonsubs_031720



"And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and grew gardens full of fresh food, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently.

"And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

"And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed."
~Kitty O'Meara

Others helpful resources:

<https://hds.harvard.edu/life-at-hds/religious-and-spiritual-life/spiritual-resources-during-covid-19-pandemic>

<https://chaplaincyinnovation.org/2020/04/chaplaincy-coronavirus>

<https://www.spiritualityandpractice.com/practices/features/view/28853/spiritual-practices-for-the-coronavirus-pandemic>

<https://chaplaincyinnovation.org/wp-content/uploads/2020/03/Spiritual-Wellness-Practices-2020.pdf>

<https://www.patheos.com/blogs/livingaholyadventure/2020/03/faith-in-a-time-of-pandemic/>

<https://elquanah.com/category/pandemic/>