

In this time of COVID-19, we pray:  
When we are unsure, O God, help us be calm;  
when information comes from all sides, accurate and false,  
help us to discern;  
when fear makes it hard to breathe,  
and anxiety seems to be the order of the day,  
slow us down, God;  
help us to reach out with our hearts,  
when we can't touch with our hands;  
help us to be socially connected,  
when we have to be socially distant;  
help us to love as perfectly as we can,  
knowing that "perfect love casts out all fear."  
For the doctors, we pray,  
for the nurses, we pray,  
for the caregivers, the technicians and the caretakers and the  
cleaners we pray,  
for the researchers and the epidemiologists  
and for those who are trying to develop a vaccine, we pray,  
for those who are sick,  
and those who are grieving, we pray,  
for all who are affected,  
all around the world...  
we pray for safety, for health, for wholeness.  
May we feed the hungry, give drink to the thirsty,  
clothe the naked and house those without homes;  
may we walk with those who feel they are alone,  
and may we do all that we can to heal  
the sick - in spite of the pandemic, in spite of the fear.  
Help us, O God, that we might help each other. Amen.