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Spiritual Life



REACH OUT!

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*Please reach out if
you need support or
help in staying
connected right now.*

We are here to help!

"In the Time of Pandemic" by Kitty O'Meara

And the people stayed **home**.

And they listened, and read books,
and rested, and exercised,
and made art, and played games,
and learned new ways of being,
and were still.

And they 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, 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.



"Settling Down," by Tom Fedro

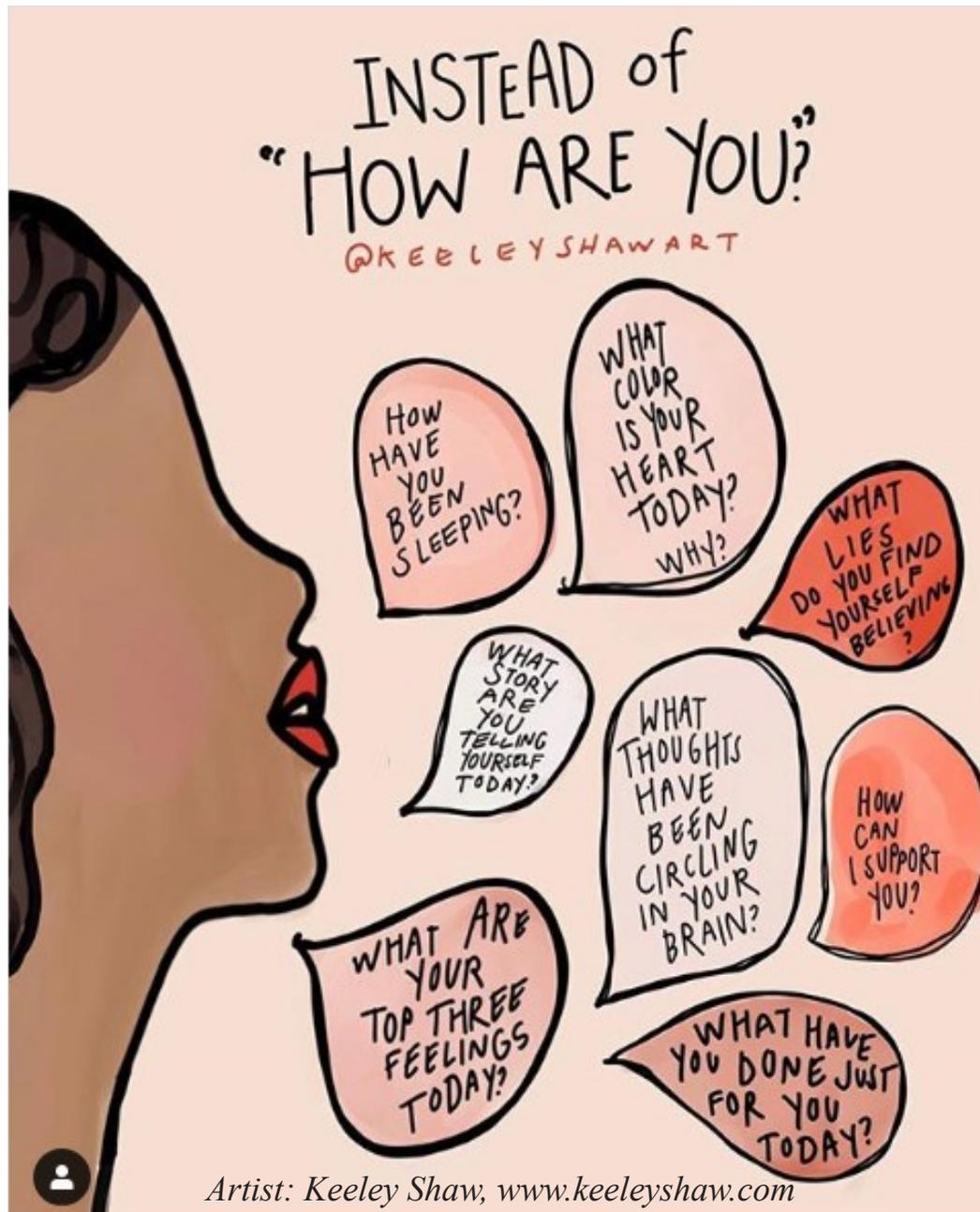
*O'Meara is a retired chaplain and former teacher who lives near
Madison, Wisconsin, and said she composed the verse as a way of
coping with the stress of the pandemic.*

*Thanks to Newbury Court resident Jane Beswick for
sharing it with us.*



Taking Good Care

Sometimes, asking someone the question “How are you?” feels awkward, inadequate, or unnecessary (because the answer is obvious). Here are some examples of questions you can ask a family member or friend (or even yourself!) to offer support and lend a listening ear.



1. How have you been sleeping?
2. What color is your heart today? Why?
3. What lies do you find yourself believing?
4. What story are you telling yourself today?
5. What thoughts have been circling in your brain?
6. How can I support you?
7. What are your top three feelings today?
8. What have you done just for you today?