



We have our work cut out for us! Now is the time to intensify our efforts to bring an atmosphere of peace into the world situation. Fear increases our self-centeredness. Fear increases the chance of illness. So let's spread peace. Below is an anonymous poem in a post from Italy.

We come to understand that this is a struggle against our habits and not against a virus. This is an opportunity to turn an emergency into an opportunity for solidarity and unity. Let's change the way we see and think. I will no longer say "I'm afraid of this virus" or "I don't care about this contagion", but rather "I will sacrifice for you."

*I worry about you.*

*I keep a distance for you.*

*I wash my hands for you.*

*I give up that trip for you.*

*I'm not going to the concert for you.*

*I'm not going to the mall for you.*

*For you!*

*For you who are inside an ICU room.*

*For you who are old and frail, but whose life has value as much as mine.*

*For you who are struggling with cancer and can't fight this too.*

*Please, let's rise to this challenge! Come together...nothing else matters.*

Shared by Roland Tiller