

## A Prayer in the Time of Coronavirus

Dear one –

(Yes, you, the one holding this paper;  
the one in the scrubs or the white coat,  
the one with the long list of tasks  
and the endless needs of patients,  
the one being rushed back to the phones  
or to the cleaning cart  
or the meal trays –  
you!)

Listen.

You are brave.

You came to work today,  
even though you have children at home  
or aging parents  
or an at-risk partner  
or friends you're worried about.

You came to work today,  
even though you don't know  
what you will encounter,  
or if you'll be safe,  
or who will be here with you.

You came to work today.

You are brave.

It may not feel like it:  
pounding heart, sweaty palms,  
racing thoughts,  
a feeling of dread.

I know.

But hear this:

You are brave.

Courage doesn't mean not feeling fear.  
It means feeling the fear,  
and taking a breath,  
and doing the next right thing anyway.

So, dear one:

Inhale.

Remember why you answered a call to this vocation:  
to bring healing,

to bring comfort,  
to nurture,  
to sustain.  
Now exhale.  
Let the fear exist,  
but make it drop the reins of your heart.  
Breathe.  
You are brave.  
And we are so grateful you are here.

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March 18, 2020