

And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, 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*

Every hand that we don't shake must become a phone call that we place.

Every embrace that we avoid must become a verbal expression of warmth and concern.

Every inch and every foot that we physically place between ourselves and another must become a thought as to how we might help that other, should the need arise."

*- Los Angeles-based Rabbi Yosef Kanefsky*

You do not need to know precisely what is happening, or exactly where it is all going. What you need is to recognize the possibilities and challenges offered by the present moment, and to embrace them with courage, faith, and hope.

*-Thomas Merton*