



### **COVID Confessions**

April 2021

This is a gathering of some thoughts and phrases expressed, at a point in time, in mid-April 2021, when a small group of chaplains from health care settings engaged in a supportive circle of conversation.

Perhaps it is most meaningful for those of us in the conversation, because these are just the nuggets from longer narratives. But these are also the nuggets of our own honest, shared human experience with the awfulness of this seemingly unending crisis in which we are all living



*music  
pandemic lament  
memorial  
prayer service  
sense of relief*

*fragile hope  
anxious anticipation  
exhaustion  
depression  
we are scared*

*three kids away  
stuff going on in my own world  
It's COVID crossover  
One day a week?  
I can do that!  
But... one day?!*

*We're all crispy  
We're tired...*

*I'm feeling down...  
ALL my people are hurting...*

*Such deep grief...  
I can't tell you the grief...*

*We're in an ocean...  
We're just trying to survive  
It's not self-care, it's survival  
...sometimes we find a raft  
and we float together for a minute*

*honest scrutiny...  
hard to put ourselves out there...  
but we do...*

*keep the curiosity... a light in the corner of the screen*