

April 7, 2020

In place of a written reflection today, we are sending out the guided meditation that I wrote for Stephy's Place which is used at the beginning of every support group. It will be sent as an audio file so you can hear my pretty voice LOL. Feel free to save it and use it whenever you like. Just to give some background... This meditation has evolved over the years. Part of it was first brought to our 9-11 support group by Marion Fitzgerald. Marion and I helped to facilitate that support group for many years. Sadly, I just heard that Marion lost a brother and sister-in-law to the Coronavirus, and that she has another brother in hospital with it right now. As I spoke to Marion on the phone we reminded each other that "we know from our shared experience, that standing close to one another (even virtually) we are in the heart of God and we will not be overcome by the drenching pain of life."

May we all experience some peace and serenity. Kevin