

The Chapel Times

15 March 2020

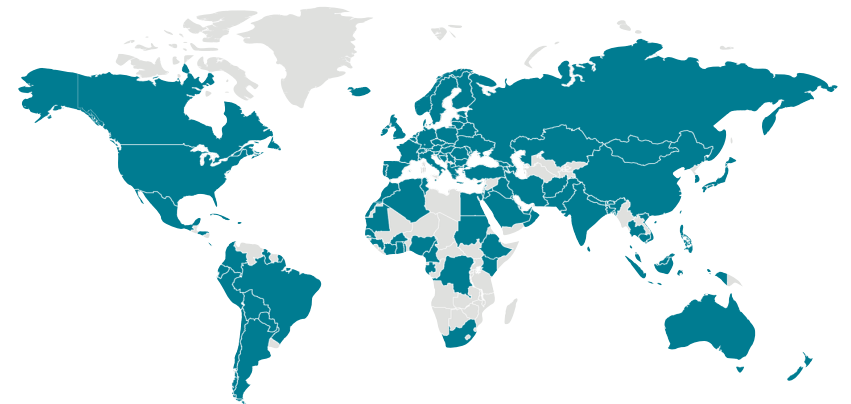
SPIRITUALITY AND COVID- 19

What relationship could there be between spirituality and the disease COVID- 19 caused by the coronavirus? In the wake of this disease some people are feeling helpless, worried, and others have experienced sickness and even death. These feelings and experiences have spiritual dimensions.

One way that spirituality relates to COVID- 19 is the opportunity presented in this crisis to express our deep values. A spiritual value found in the sacred texts of many religions is known as 'The Golden Rule':

“Do unto others as you would have them do unto you.”

How are others being treated in the wake of the coronavirus and how would I like to be treated if I were in their shoes? We may want to consider those infected with the virus, their family members, health care workers, students worried about their families in countries with



God grant me the serenity

To accept the things I cannot change;

Courage to change the things I can;

And wisdom to know the difference.

Living one day at a time;

Enjoying one moment at a time;

Accepting hardships as the
pathway to peace;

Taking, as He did,
this sinful world

As it is, not as I would have it;

Trusting that He will make
all things right

If I surrender to His Will;

So that I may be reasonably
happy in this life

And supremely happy with Him

Forever and ever in the next.

Amen.

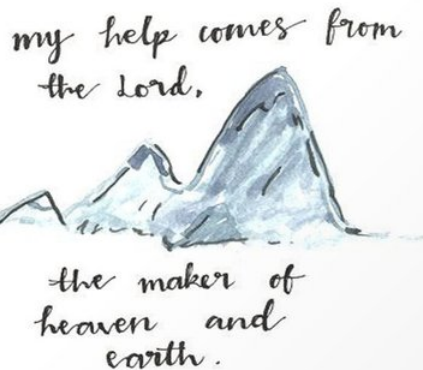


(Source: <https://www.crosswalk.com/faith/prayer/serenity-prayer-applying-3-truths-from-the-bible.html> accessed March 14, 2020)

large numbers of people infected with coronavirus. How are we relating to others at Acadia at this time?

A second dimension of spirituality relevant to the effects of COVID-19 is the resource of faith in God who strengthens and sustains us in difficult times. The words in the Bible, stories of others who found strength through faith in God and our own memories of surviving difficult experiences with the help of God are ways in which faith can pervade our consciousness and counter fear. A Psalm in the Bible expresses it in this way:

PSALM 121:2



A third way is through prayer and meditation in which individually or with others, we centre ourselves in the deep places of calm within and connect to the deep places of calm with others and a Higher Power: God. In prayer we can draw on the strength to face adversity and even death. In silence, listening for the voice of God; through words which we express or use from prayer-books; in mantras repeated; by connection with nature and other techniques, we seek and experience the serenity expressed in this well-known prayer written by Reinhold Neibuhr, found on the back cover of the leaflet.

I lift up my eyes to the hills—
from where will my help come?
My help comes from the Lord,
who made heaven and earth.
(Psalm 121:1 & 2)

A university context provides another resource: the opportunity to use the God-given capacity to reason in ensuring that we accept and practice the proven methods to inhibit the spread of the virus and verify that the sources of information about coronavirus on which we believe or share on social media. The God-given gift of intellect makes it possible for us to research and use the resources available in the community and on the Acadia campus, (such as the Counselling Centre and the Manning Memorial Chapel) to support us as we cope with COVID- 19.