

Dear World – An Essential Response to COVID-19

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Dear World,

I don't have the words.

I don't have the strength.

I don't have the resources or the experience.

I am not equipped for this.

I am struggling.

Yet, I find myself struggling for a different reason than

Most. I look into the world and I see

Pain. Fear. Confusion.

And, my job is to hold all of that. All of it.

All of it at the same time.

I am supposed to be the one who is all knowing.

Who sees, and hears, and feels, and fixes.

Yet I cannot fix this and deep down, I know I don't want to.

Today, I just want to be another human

Experiencing life and letting life take a hold of me.

Today, I just want to wake-up and know I don't have

Any control. And, with that knowledge to live,

Effortlessly. Today, I am begging for release from

The need for me to be anything besides who I am.

I don't want to watch the news, or hold a hand.

I don't want to hear the silent screams of those who

Need to feel affirmed in their belief that everything

Will fall apart. Today, I just want to sit. Today, I just want to be.

Because, today I don't have the words, or the strength,

Or the resources. I just have my silence.

I have my own strength.

I have the ability to show up.

And, today that has to be enough.

Love,

A Public Administration Worker

A Health Care Provider

A Service Industry Worker

A Counselor

A Practitioner

A Human