

May 7, 2020

Dear Friends,

I want to very much thank you all for the well wishes and prayers for my nephew Patrick. He is finally on the mend and hopefully this time he will continue to get stronger and healthier. He is being well cared for and monitored at home. It was a terrifying experience for him and my family, but the support we feel really makes a difference.

As I am trying to write, my little cat Freda is quite comfortably snug on my lap in front of my keyboard. She refuses to move and is too damn cute, so I work around her. Rather than get frustrated though, as I used to, I simply laugh and give thanks for this delightful, adorable, innocent creature. I have had the privilege to meet many of your pets during our Zoom groups and some of you have met mine, they're hams. We need not take these little companions for granted, they are extremely important, especially now. My pets have been a salvation to me through many rough patches in my life. They have always been there with nothing but love. I know some of you have recently lost pets and I send you big hugs, these are significant and painful losses. I hope you will feel gratitude for having had them.

Now that we have more of our groups meeting through Zoom, I will be writing only one reflection per week starting next week. As we have been doing, we will be sending out emails with a variety of resources and tools that may be helpful as we continue the lockdown separated but together.

It looks like there may be some good weather this weekend, so let's try to get outside and look up at the sun and feel it's warmth on our faces, and when we do so let's think of one another and give thanks for all who have touched our lives with the gift of love.

Peace and Serenity,
Kevin