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This is one of those moments when you realize you are not in control. You are a child at the top of the Ferris wheel when it stops moving. When it starts swaying you ask your dad, "How do we know it won't fall?"

We don't always know. 9/11. The Iraq War. Superstorm Sandy. The Spanish Flu.

Three weeks ago seems like three years ago. We wake up and wonder what bad news is waiting. We are disoriented, afraid and bewildered. We worry about our parents. We worry about our children. We worry about people living in poverty.

Health care workers are overwhelmed. Nursing homes fear for their residents and staff. We want to close our eyes, crawl into a ball, and wake up on the other side.

Or we can live with hope. Some of what seems small is a sign of hope. Some are working more hours than ever, but many have extra time. Many who have longed to slow down now have to. We may learn to sleep again. We might actually get the recommended eight hours. We may lose weight because of anxiety, but a few are doing some pretty fancy baking. Spring is officially here, so spring cleaning is a legitimate option.

A few parents who had forgotten how crafty they are have constructed amazing cardboard box forts. Some homeschooling classes may end with students getting suspended and teachers drinking on the job, but parents are discovering they enjoy their children and their teachers are underpaid.

Look for the people who are helping. Be grateful for them. Find ways to be one of them. Call someone you are worried about. FaceTime family members. Give money to someone who needs it more than you. Be still. Pray. Be grateful.

We have taken many things for granted that have been taken from us. When this is over, we should be more grateful for a heartfelt hug, dinner in a restaurant, walking our children to school, a shelf filled with toilet paper, and worship in a sanctuary.

How will we be different when we are past these hard days? This crisis is a terrible, painful, and dangerous opportunity to grow. We can become more like the people we hoped to be. We can be better for each other as we go through the worst. And when the worst is over, what lasts will be our love for each other.

Brett Younger is senior minister at Plymouth Church in Brooklyn.