

I. The Gift of *Resilience*

Survival comes not from the strongest and most intelligent beings but from the most supple, adaptable, and resilient among us.

II. The Gift of the *Eternal Now*

“This is the day the Lord hath made: rejoice and be glad in it.” Hebrew Scriptures

III. The Gift of *Gratitude*

Our sense of bedrock thankfulness has been rekindled, especially for small and startling nuggets of spiritual nutrition.

IV. The Gift of *Connection*

“Only connect...and the isolation that is life will die.” E. M. Forster

V. The Gift of *Prayer*

Of course, prayer may or may not change reality, but it does change both those who are praying and those being prayed about. Prayer keeps the gift of love flowing, and love keeps the heart open and human bonds animated, which is the best we earthlings can ever do.

VI. The Gift of *Savoring and Serving*

During this time of compulsory “slowness,” we’re developing imaginative indoor rituals and happenings, being creative and re-creative.

VII. The Gift of *Simplifying*

We seniors have been doing some essential pruning and consolidating of our wherewithal.

VIII. The Gift of *Sabbath*

Sabbath time signals a way of traversing space and time that includes restorative siestas and rituals, absorbing contemplation and thicker conversations.

