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This is what we do *Affirmation in a time of COVID-19* Allyson Sawtell, 2020

We love in the face of death.

If we can do that, we can do anything.

We are community at six feet.

Kisses through a window.

We've always loved in the face of death.

Our elders mourned their losses, and as children, we watched.

Then we turn around and do the same "foolish" thing – loving others deeply.

Becoming vulnerable with each smile, each caress, each conversation, each promise,
each letting go.

We love in the face of death.

It hasn't stopped us yet.

We play in the face of fear.

We sing, laugh, and play ping pong from our balconies.

Pick up our wine curbside, handed to us by a vendor in a T-Rex costume.

We send silly pictures of our dogs talking to us. We send jokes and bad puns.

We share electronic birthdays and meals and happy hours.

We play in the face of fear.

We step up in the face of need.

People go out to save lives, stock shelves, house the homeless, feed the hungry, broadcast
information and encouragement.

People stay in to save lives, to pound down the curve with their absence
and their empty wallets.

Do you not see? Do you not know?

See now. Know, now. Even if you haven't before.

We are truly and really all connected.

We are so connected that we refuse to let go. Kisses through a window. Hands touching
computer screens.

We love, we play, we step up.

Because we are one.

We are connected, shall we say, as in a web of life. The plucking of one strand vibrates
throughout.

What I breathe on you, you breathe on another. It's that simple.

So we separate, and in our separation, we hold each other dearly, connected up with bonds of love, rebuilding the web.

Do you not see? Do you not know?
See now. Know, now. Even if you haven't before.

We can still do this when the danger passes,
when we can breathe freely, when we can touch.

We have it in us to heal, to care, to risk, to sacrifice, to give. We always have.

This is what we do.

With wounds still tender and memory still fresh,
We can know in our beings that we are all connected,

And live with each other as if our lives depended on it.



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