

This has been a tough season for all of us in one way or another. We've experienced shifts and griefs in our existing roles and have taken on new roles, some by choice, but many out of necessity. As you reflect on the changes that have come with the pandemic over the past year or so, complete the sentence below. You may do more than one if you choose. There are no wrong answers; God knows our deepest thoughts and there is room for all of our emotions in the faith community.

As a(n) _____, I have felt/experienced/
(insert specific role)
struggled with _____
(describe what it has been like in that role)
_____.

Examples:

As a single person, I have struggled with loneliness and the lack of physical touch.

As a boss, I've experienced extra stress helping my staff navigate all the changes due to COVID.

As a parent, I have felt like a failure as I tried to manage virtual learning and my kids' wide range of emotions, all while attempting to manage my own complex emotions as well.

As a grandparent, I have felt disconnected from my grandkids as I've watched them grow up on a screen.

As a teacher, I have experienced burn out as I try to teach both in-person and online.

As a nephew, I have struggled with my aunt's death during COVID and the inability to hold a normal memorial to celebrate her life.

As a person with a vulnerable family member, I've struggled with fear for my loved one as some people have ignored public health recommendations.

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