

We are not in the same boat:

A poem about COVID-19

I heard that we are in the same boat.

But it's not like that.

We are in the same storm, but not in the same boat.

Your ship can be shipwrecked and mine might not be. Or vice versa.

For some, quarantine is optimal: a moment of reflection, of re-connection.

For others, this is a desperate crisis.

For others it is facing loneliness.

For some, a peace, rest time, vacation.

Yet for others, Torture: How am I going to pay my bills?

Some were concerned about a brand of chocolate for Easter.

Others were concerned about the bread for the weekend, or if the noodles would last for a few more days.



Some were in their “home office”.

Others are looking through trash to survive.

Some have experienced the near death of the virus, some have already lost someone from it, some are not sure their loved ones are going to make it, and some don't even believe this is a big deal.

Some of us who are well now may end up experiencing it, and some believe they are infallible and will be blown away if or when this hits someone they know.

So, friends, we are not in the same boat.

We are going through a time when our perceptions and needs are completely different.

And each one will emerge, in his own way, from that storm. Some with a tan from their pool. Others with scars on the soul (for invisible reasons).

It is very important to see beyond what is seen at first glance. Not just looking. More than looking...

Seeing.

See beyond the political party, beyond religion, beyond the nose on your face.



Do not underestimate the pain of others if you do not feel it. Do not judge the good life of the other, do not condemn the bad life of the other.

Don't be a judge.

Let us not judge the one who lacks, as well as the one who exceeds.

We are different ships looking to survive.

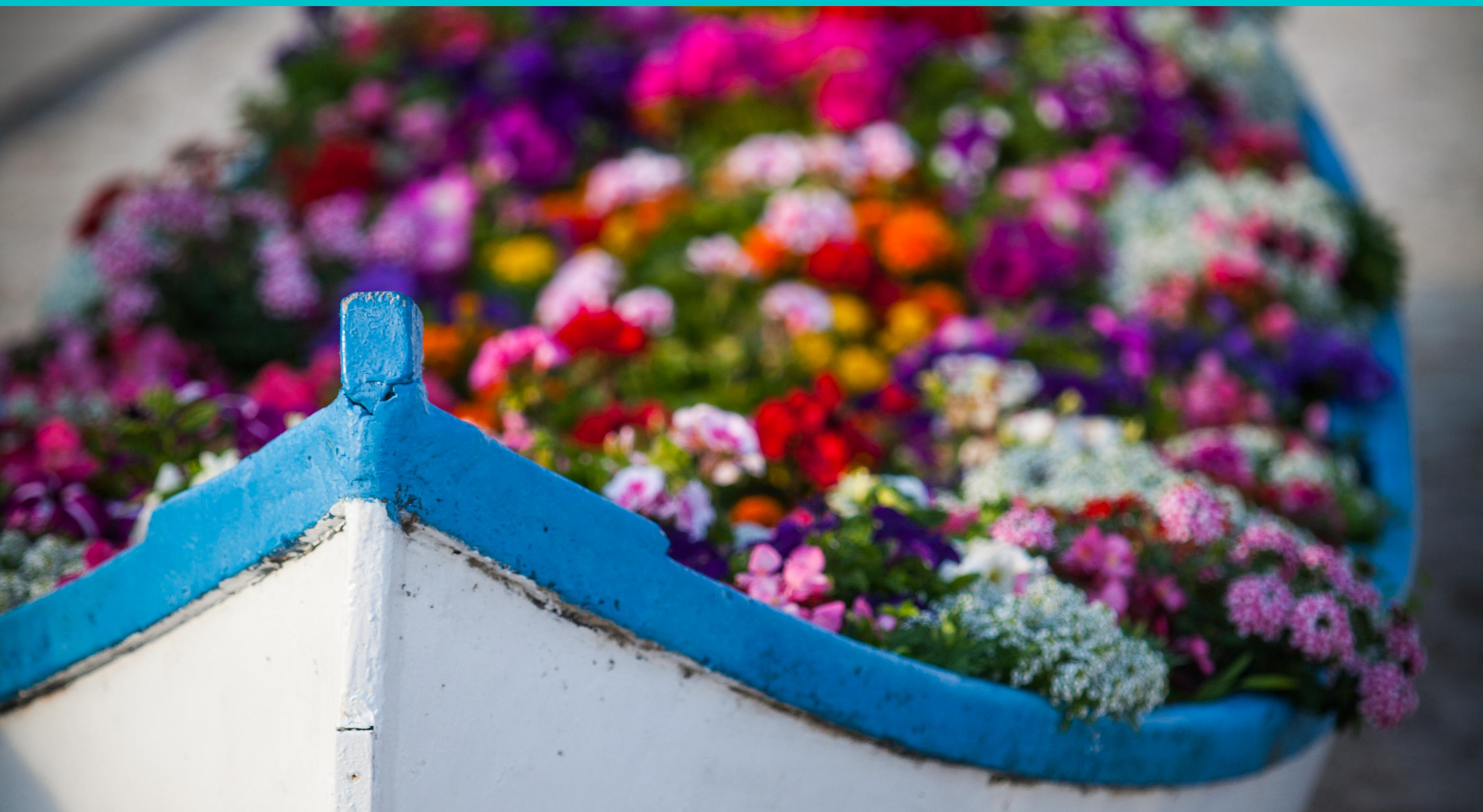
Let everyone navigate their route with respect, empathy and responsibility.

Author - unknown

<https://www.secc.sydney/we-are-not-in-the-same-boat-a-poem-about-covid-19/>

Theme for the week: Well-being

The COVID-19 pandemic and its associated social distancing and self-isolation measures has transformed the everyday fabric of society. In times of such extreme crisis and change its very easy to get caught up with our own struggles and to feel isolated from our own community. While we firstly need to look after our own well-being, we also need to remember that everyone is struggling in their own way and a simple kind gesture can help someone in a profound way. During this time when we cannot physically wrap our arms around each other, let us find ways to care for and be connected to our neighbours and loved ones.



Reflection:

- Take some time to think about what 'boat' you are in and what things you are thankful for while we all endure this 'storm'.
- What stories have you heard that showcase unexpected acts of kindness?
- What ways can you reach out to people in your home, your organisation, your team or your neighbours to find out how they truly are?
- Reflect on what ways you can make yourself and others feel better through self-reflection, connection, learning and giving?