

March 16, 2020

a
city
liturgy

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06.00 Light a candle.

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07.30 Water one houseplant.

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08.00 Text someone and see how they're feeling.

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12.30 Take a walk and do your best to wave/smile.

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03.00 Sit down. Breathe deeply for 60 seconds.

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05.00 Pray.* (You can do it!)

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10.00 Lay down. Reflect upon a bright spot in your day.

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* Try: "Help!" or "Please..." or "Wow, and thank you."