



MASSACHUSETTS
GENERAL HOSPITAL

SPIRITUAL CARE

Spiritual Resources for Hard Times

SELECTED READINGS,
PRACTICES, AND TOOLS
FOR RESILIENCE IN A
TIME OF UNCERTAINTY



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For additional spiritual support, or to speak with a Spiritual Care Provider, please call at 617-726-2220 or page #27302.

Judaism

[A Prayer for Nurses](#)

[A Prayer for Physicians](#)

[A Prayer for Medical Scientists](#)

Psalm 121

I turn my eyes to the mountains;
from where will my help come?
My help comes from the LORD,
maker of heaven and earth.
He will not let your foot give way;
your guardian will not slumber;
See, the guardian of Israel
neither slumbers nor sleeps!
The LORD is your guardian,
the LORD is your protection
At your right hand.
by day the sun will not strike you,
Nor the moon by night.
the LORD will guard your going and coming
Now and forever.

Islam

“Absolutely Clear” by Shams al-Din Hafiz

Don't surrender your loneliness

So quickly.

Let it cut more deep.

Let it ferment and season you

As few human

Or even divine ingredients can.

Something missing in my heart tonight
 Has made my eyes so soft,
 My voice
 So tender,

My need of God
 Absolutely
 Clear.

When My servants ask you about Me, then (tell them that) I am near...
 (Qur'an 2:186)

Verily, in the remembrance of Allah do hearts find rest. (Qur'an 13:28)

He is the First and the Last; the Outer and the Inner; He has knowledge of
 all things. (Qur'an 57:3)

Islamic Expressions and Short Grounding Prayers in Arabic

التعبيرات الإسلامية والصلاة
 القصيرة

Subhaan Allah.

سُبْحَانَ اللَّهِ

Alhamdo lillah.

الْحَمْدُ لِلَّهِ

Assalamo alaikum wa rahmatullahe wa barakatohu.

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

Bismillahir Rahmanir Raheem.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Rabbe zidni ilma.

رَبِّ زِدْنِي عِلْمًا

Christianity (Roman Catholic)

[Resources for Prayer and Faith Formation at Home](#) from the Archdiocese of Boston

Prayer of St. Francis

Lord, make me an instrument of Thy peace;
Where there is hatred, let me sow love;
Where there is injury, pardon;
Where there is error, the truth;
Where there is doubt, the faith;
Where there is despair, hope;
Where there is darkness, light;
And where there is sadness, joy.

O Divine Master,
Grant that I may not so much seek
To be consoled, as to console;
To be understood, as to understand;
To be loved as to love.

For it is in giving that we receive;
It is in pardoning that we are pardoned;
And it is in dying that we are born to eternal life. Amen.

Oraciones en español

Padre Nuestro

Padre nuestro,
que estás en el cielo.
Santificado sea tu nombre.
Venga tu reino.
Hágase tu voluntad en la tierra como en el cielo.
Danos hoy nuestro pan de cada día.
Perdona nuestras ofensas,
como también nosotros perdonamos a los que nos ofenden.
No nos dejes caer en tentación y líbranos del mal.
Amén.

Ave Maria

Dios te salve, María.
Llena eres de gracia:
El Señor es contigo.
Bendita tú eres entre todas las mujeres.
Y bendito es el fruto de tu vientre:
Jesús.
Santa María, Madre de Dios,
ruega por nosotros pecadores,
ahora y en la hora de nuestra muerte.
Amén.

Gloria

Gloria al Padre, al Hijo y al Espíritu Santo.
Como era en el principio, ahora y siempre,
por los siglos de los siglos.
Amén.

Orações em português

Pai Nosso

Pai Nosso que estais nos céus,
santificado é o Vosso nome,
venha a nós o Vosso reino,
seja feita a Vossa vontade,
assim na terra como no céu.
O pão nosso de cada dia nos dai hoje,
perdoai-nos as nossas ofensas,
assim como nós perdoamos a quem nos tem ofendido.
E não nos deixeis cair em tentação,
mas livrai-nos do mal,
Amém.

Avé Maria

Avé Maria, cheia de graça,
o Senhor é convosco.
Bendita sois Vós entre as mulheres;
bendito é o fruto do Vosso ventre, Jesus.
Santa Maria, mãe de Deus,
rogai por nós, pecadores,
agora e na hora da nossa morte. Amém.

Glória

Glória ao Pai,
ao Filho e,
ao Espírito Santo.
Assim como era no princípio,
agora e sempre.
Amém.

Prières en français

Notre Père

Notre Père qui es aux cieux,
que ton Nom soit sanctifié,
que ton règne vienne,
que ta volonté soit faite sur la terre comme au ciel.
Donne-nous aujourd'hui notre pain quotidien.
Pardonne-nous nos offenses comme nous pardonnons
aussi à ceux qui nous ont offensés.
Et ne nous soumets pas à la tentation,
mais délivre-nous du mal. Amen.

Ave Marie

Je vous salue, Marie, pleine de grâces,
le Seigneur est avec vous;
vous êtes bénie entre toutes les femmes,
et Jésus le fruit de vos entrailles, est béni.
Sainte Marie, Mère de Dieu, priez pour nous pécheurs,
maintenant, et à l'heure de notre mort. Amen.

Gloire

Gloire au Père,
au Fils et au Saint-Esprit.
Comme Il était au commencement,
maintenant et toujours pour les siècles des siècles. Amen.

Christianity (Greek Orthodox)

[The Synekdemous: Daily Prayers for Orthodox Christians](#) from the Greek Orthodox Archdiocese of America

Prayers for a Sick Person

Heavenly Father, physician of our souls and bodies, Who have sent Your only-begotten Son and our Lord Jesus Christ to heal every sickness and infirmity, visit and heal also Your servant (name) from all physical and spiritual ailments through the grace of Your Christ. Grant him (her) patience in this sickness, strength of body and spirit, and recovery of health. Lord, You have taught us through Your word to pray for each other that we may be healed. I pray, heal Your servant (name) and grant to him (her) the gift of complete health. For You are the source of healing and to You I give glory, Father, Son and Holy Spirit. Amen.

O Lord our God, Who by a word alone did heal all diseases, Who did cure the kinswoman of Peter, You Who chastise with pity and heal according to Your goodness; Who are able to put aside every sickness and infirmity, do You Yourself, the same Lord, grant aid to Your servant (name) and cure him (her) of every sickness of which he (she) is grieved; and send down upon him (her) Your great mercy, and if it be Your will, give to him (her) health and a complete recovery; for You are the Physician of our souls and bodies, and to You do we send up Glory: to the Father, Son and Holy Spirit, Both now and forever, and to the ages of ages. Amen.

Prayer Toward the Unknown

O Lord, You who steadied the hand of Peter as he began to sink on the stormy sea, if you are with me, no one is against me. Grant to me the shield of faith and the mighty armor of the Holy Spirit to protect me and guide me to do Your will. The future I put into Your hands, O Lord, and I follow You to a life in Christ. Amen

Christianity (Protestant)

God of the present moment

God who stills the storm
and soothes the frantic heart;
bring hope and courage to all
who wait or work in uncertainty.

Bring hope that you will make them the equal
of whatever lies ahead.

Bring them courage to endure what cannot be avoided,
for your will is health and wholeness;
you are God, and we need you.

Adapted from New Zealand Prayer Book, p. 765

from Martin Luther:

I shall ask God mercifully to protect us. Then I shall fumigate, help purify the air, administer medicine and take it. I shall avoid places and persons where my presence is not needed in order not to become contaminated and thus perchance inflict and pollute others and so cause their death as a result of my negligence. If God should wish to take me, he will surely find me and I have done what he has expected of me and so I am not responsible for either my own death or the death of others. If my neighbor needs me however I shall not avoid place or person but will go freely as stated above. See this is such a God-fearing faith because it is neither brash nor foolhardy and does not tempt God.

Christianity (Ecumenical)

[Prayers in View of the Coronavirus](#) from the World Council of Churches

Hold us in Your Mercy

Hold us in your mercy.

Creator's love poured out from heaven.

Mercy's Word made flesh among us.
You have shared our life and sorrow.
You who chose to share our worry.
Come and heal our every ill.
Hold us in your mercy.

Born like us capable and vulnerable,
Sent to love this broken world.
You who bid the storm be silent.
You who bear the cross with us.
Break the power of our weakness.
Hold us in your mercy.

Comforter and advocate,
Love of all your humankind.
You who cleansed the leper's flesh.
You who shared the outcast's meal.
Gather us and hold us up.
Hold us in your mercy.

Serenity Prayer

God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.

Prayer for Hope

I pray today for hope that I will never give up. I pray today for strength that even though I may be in despair. I pray today for peace to accept the things I cannot change.

Prayer for Healing

Dear Lord, we lift up all those who are facing illness today. We ask that you would bring Healing, Comfort, and Hope to their bodies. Calm their fears and let them experience the healing power of your love. Amen.

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. (*Romans 8:38-39*)

"I am leaving you with a gift - peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid." (*John 14:27*)

Buddhism

Aspiration Prayer by Larry Yang

May I be as loving in this moment as I can.

If I cannot be loving in this moment, may I be kind.

If I cannot be kind, may I be nonjudgemental.

If I cannot be nonjudgmental, may I not cause harm.

And if I cannot not cause harm, may I cause the least harm possible.

Tibetan Buddhist Prayer

May you be at peace,

May your heart remain open.

May you awaken to the light of your own true nature.

May you be healed,

May you be a source of healing for all beings.

Metta Meditation

May I be happy.

May I be well.

May I be safe.

May I be peaceful and safe.

May you be happy.
 May you be well.
 May you be safe.
 May you be peaceful and at ease.

May all beings be happy.
 May all beings be well.
 May all beings be safe.
 May all beings be peaceful and at ease.

[Anthology of Buddhist Liturgy](#) from Greater Boston Zen Center

Hinduism

They alone see truly who see the Lord the same in every creature, who see the deathless in the hearts of all that die. Seeing the same Lord everywhere, they do not harm themselves or others. Thus they attain the supreme goal. (*Bhagavad Gita*)

Whatever you do, make it an offering to me – the food you eat, the sacrifices you make, the help you give, even your suffering. (*Bhagavad Gita*)

I am ever present to those who have realized me in every creature. Seeing all life as my manifestation, they are never separated from me. (*Bhagavad Gita*)

African Diasporic Traditions

Yoruban Prayer

Oludumare, oh Divine One! I give thanks to You, the one who is as near as my heartbeat, and more anticipated than my

next breath. Let Your wisdom become one
with this vessel as I lift my voice in
thanks for Your love.

Prayer to the Orishas (Santería, written by Yaya Maria)

May Ogun to give you the courage to overcome your problems and defeat
your enemies

May Oshosi bring Justice and Balance to your life

May Orula bestow his Wisdom upon you

May Obatala bring Peace, Tranquility, and Harmony to your life

May Babalu Aye heal your body and soul

May Olokun grant stability to your being

May Yemaya renovate and refresh your life with the powers of her waters

May Chango give you the strength to fight and win your battles

May Oshun fulfill your dreams of love and riches

May Oya bring with her Winds of change and prosperity to your realm

Ashe

Unitarian Universalism

“Pandemic” by Rev. Lynn Ungar, Unitarian Universalist Poet Laureate

What if you thought of it

as the Jews consider the Sabbath -

the most sacred of times?

Cease from travel.

Cease from buying and selling.

Give up, just for now,

on trying to make the world different than it is.

Sing. Pray. Touch only those

to whom you commit your life.

Center down.

And when your body has become still,
reach out with your heart.
Know that we are connected
in ways that are terrifying and beautiful.
(You could hardly deny it now.)
Know that our lives
are in one another's hands.
(Surely, that has come clear.)
Do not reach out your hands.
Reach out your heart.
Reach out your words.
Reach out all the tendrils
of compassion that move, invisibly,
where we cannot touch.

Promise this world your love -
for better or for worse,
in sickness and in health,
so long as we all shall live.

This Great Lesson by Rev. Olympia Brown

We can never make the world safe by fighting.
Every nation must learn that the people of all nations are children of God,
and must share the wealth of the world.
You may say this is impracticable, far away, can never be accomplished,
but it is the work we are appointed to do.
Sometime, somehow, somewhere, we must ever teach this great lesson.

from Edward Everett Hale

I am only one
But still I am one.
I cannot do everything,
But still I can do something.

And because I cannot do everything
I will not refuse to do
the something that I can do.

from George Odell

We need one another when we mourn and would be comforted.

We need one another when we are in trouble and afraid.

We need one another when we are in despair, temptation, and need to be recalled to our best selves again.

We need one another when we would accomplish some great purpose, and cannot do it alone.

We need one another in the hour of success, when we look for someone to share our triumphs.

We need one another in the hour of defeat, when with encouragement we might endure, and stand again.

We need one another when we come to die, and would have gentle hands prepare us for the journey.

All our lives we are in need, and other are in need of us.

Confucianism

Teachings of Confucius and Other Wisdom Sayings, in English and Mandarin

The Master said, "Virtue is not left to stand alone. He who practices it will have neighbours."

子曰：“德不孤，必有鄰。”

The Master said, "I will not be afflicted at men's not knowing me; I will be afflicted that I do not know men.

子曰：“不患人之不己知，患不知人也。”

When I walk along with two others, they may serve me as my teachers. I will select their good qualities and follow them, their bad qualities and avoid them.

三人行，必有我师焉。择其善者而从之，其不善者而改之

Taoism

From the Tao Te Ching

Without opening your door,
You can open your heart to the world.
Without looking out your window,
You can see the essence of all things.

Not Tradition Specific

“Working Together” by David Whyte

We shape our self
To fit this world
and by the world
are shaped again.

The visible
and the invisible
working together
in common cause,
to produce
the miraculous.

I am thinking of the way
the intangible air
passed at speed
round a shaped wing
easily holds our weight.

so may we, in this life
 trust
 to those elements
 we have yet to see

or imagine. And look for the true
 shape of our own self
 by forming it well
 to the great
 intangibles about us.

Poems of John O'Donohue: [“For a Nurse”](#), [“For a Friend on the Arrival of Illness”](#), [“For Suffering”](#), [“For One Who is Exhausted”](#), [“For Equilibrium”](#)

[“Surgical Rotation”](#) by Cortney Davis

[“We Were Made for these Times”](#) by Clarissa Pinkola Estes

Caregiver Blessing

May you be blessed with loving-kindness,
 resilience and perseverance.
 May your strength be renewed
 as you create and sustain
 Healing and hope.

“The Peace of Wild Things” by Wendell Berry

When despair for the world grows in me
 And I wake in the night at the last sound
 In fear of what my life and my children's lives may be,
 I go and lie down where the wood drake
 Rests in his beauty on the water, and the great heron feeds.
 I come into the peace of wild things
 Who do not tax their lives with forethought

Of grief. I come into the presence of still water.
And I feel above my eyes the day-blind stars
Waiting with their life. For a time
I rest in the grace of the world, and am free.

“To all that is chaotic in you” by Jan Richardson

To all that is chaotic in *you*,
let there come silence.
Let there be a calming
of the clamoring,
a stilling of the voices that
have laid their claim on you,
that have made their home in you,
that go with you
even to the holy places
but will not let you rest,
will not let you hear your life
with wholeness or feel the grace
that fashioned you.
Let what distracts you cease.
Let what divides you cease.
Let there come an end
to what diminishes and demeans,
and let depart all that keeps you in its cage.
Let there be an opening
into the quiet that lies beneath
the chaos,
where you find the peace
you did not think possible
and see what shimmers
within the storm.

“Lockdown” by Richard Hendrick

Yes there is fear.

Yes there is isolation.

Yes there is panic buying.

Yes there is sickness.

Yes there is even death.

But,

They say that in Wuhan after so many years of noise

You can hear the birds again.

They say that after just a few weeks of quiet

The sky is no longer thick with fumes

But blue and grey and clear.

They say that in the streets of Assisi

People are singing to each other

across the empty squares,

keeping their windows open

so that those who are alone

may hear the sounds of family around them.

They say that a hotel in the West of Ireland

Is offering free meals and delivery to the housebound.

Today a young woman I know

is busy spreading fliers with her number

through the neighbourhood

So that the elders may have someone to call on.

Today Churches, Synagogues, Mosques and Temples

are preparing to welcome

and shelter the homeless, the sick, the weary

All over the world people are slowing down and reflecting

All over the world people are looking at their neighbours in a new way

All over the world people are waking up to a new reality

To how big we really are.

To how little control we really have.

To what really matters.

To Love.
 So we pray and we remember that
 Yes there is fear.
 But there does not have to be hate.
 Yes there is isolation.
 But there does not have to be loneliness.
 Yes there is panic buying.
 But there does not have to be meanness.
 Yes there is sickness.
 But there does not have to be disease of the soul
 Yes there is even death.
 But there can always be a rebirth of love.
 Wake to the choices you make as to how to live now.
 Today, breathe.
 Listen, behind the factory noises of your panic
 The birds are singing again
 The sky is clearing,
 Spring is coming,
 And we are always encompassed by Love.
 Open the windows of your soul
 And though you may not be able
 to touch across the empty square,
 Sing.

from Adrienne Rich

My heart is moved by all I cannot save:
 So much has been destroyed
 I have to cast my lot with those who, age after age, perversely, with no
 extraordinary power, reconstitute the world.

from e.e. cummings

i thank You God for most this amazing
 day:for the leaping greenly spirits of trees

and a blue true dream of sky;and for everything
which is natural which is infinite which is yes

(i who have died am alive again today,
and this is the sun's birthday; this is the birth
day of life and love and wings and of the gay
great happening illimitably earth)

how should tasting touching hearing seeing
breathing any-lifted from the no
of all nothing-human merely being
doubt unimaginable You?

(now the ears of my ears awake and
now the eyes of my eyes are opened)

[“Thanks”](#) by W.S. Merwin

*“Let this Darkness be a Bell Tower” by Rainer Maria Rilke (From Sonnets
to Orpheus II, Translation by Joanna Macy and Anita Barrows)*

Quiet friend who has come so far,
feel how your breathing makes more space around you.
Let this darkness be a bell tower
and you the bell. As you ring,

what batters you becomes your strength.
Move back and forth into the change.
What is it like, such intensity of pain?
If the drink is bitter, turn yourself into wine.

In this uncontainable night,
be the mystery at the crossroads of your senses,
the meaning discovered there.

And if the world has ceased to hear you,
say to the silent earth: I flow.
To the rushing water, speak: I am.

“Prayer for a Pandemic” by Cameron Bellm

May we who are merely inconvenienced
Remember those whose lives are at stake.

May we who have no risk factors
Remember those most vulnerable.

May we who have the luxury of working from home
Remember those who must choose between preserving their health or
making their rent.

May we who have the flexibility to care for our children when their schools
close

Remember those who have no options.

May we who have to cancel our trips
Remember those that have no safe place to go.

May we who are losing our margin money in the tumult of the economic
market

Remember those who have no margin at all.

May we who settle in for a quarantine at home

Remember those who have no home.

As fear grips our country,

let us choose love.

During this time when we cannot physically wrap our arms around each
other,

Let us yet find ways to be the loving embrace of God to our neighbors.

Amen.

Selected Spiritual Practices

Adapted from Chaplain Angelika Zollfrank at McLean Hospital

I. The Spiritual Practice of Handwashing

As you wash your hands, make a commitment to say a prayer, sing or chant a sacred tune in your mind. You may choose to engage your own religious tradition or you may find your own words. Here are some suggestions:

Judaism

*Baruch Atah Adonai Eloheinu Melech Ha'Olam Asher Kidshanu
B'mitzvotav Vitzivanu al Netilat Yadayim*

Blessed are You, Adonai our God, Sovereign of the Universe, Who has sanctified us with mitzvot, and commanded us concerning the washing of the hands.

Islam

Truly, God loves those who turn unto Him in repentance and loves those who purify themselves. (Qur'an 2:222)
O ye who believe! When ye rise up for prayer, wash your face, and your hands up to the elbows. (Qur'an 17:9)

Christianity

The Lord's Prayer
Our Father, who art in heaven,
Hallowed be thy Name.
Thy Kingdom come. Thy will be done
On earth as it is in heaven.
Give us this day our daily bread and forgive us our trespasses.
As we forgive those who trespass against us.
Lead us not into temptation but deliver us from evil.
For thine is the kingdom and the power
And the glory. Forever and ever. Amen.

Buddhism

Handwashing – just like meditation – is not about you.

It is an opportunity to cultivate and strengthen our mindfulness and loving-kindness practice. As you approach the sink, you can place your hands on the sink and just feel your feet on the floor. Grounding yourself in the present moment right here, right now, you would be so mindful of how you turn on the faucet, how you get the temperature of the water, how you put the soap on your hands and suds them, turning off the water while you rub in between the fingers, around the fingernails not forgetting your thumbs. As you're doing this, you realize that when you're so very present and attentive, this is mindfulness. This is washing your hands mindfully.

II. The Spiritual Practice of Being in Nature

Make a commitment to spend time in nature every day. For example, go for a morning walk or walk your neighborhood in the evening or walk the MGH campus during a break. Notice your feet touching the ground. Notice the air and the changing weather. Notice what is around you and notice the sky. Breathe deeply and reach out and up. You are a part of it all and nature takes you in each time.

III. The Spiritual Practice of Silence

Once or twice a day sit in silence for 5 or 10 minutes. Find a spot that allows you to ground yourself. Settle down and focus on your breath.

No need to force it or change your breathing. Just observe.

Focus on a word sacred to you while you exhale. Whenever your mind wanders – as all of our minds do – simply return to your sacred word. During the rest of your day, whenever you get overwhelmed or stressed remember the silence you can always return to.

IV. The Spiritual Practice of Being in the Present Moment

“Goals and contingencies exist in the future and the past.

The path of mastery exists only in the present.

You can see it, hear it, smell it, feel it.
 To love the present is to love the eternal now...
 To love the present is to love what is most essential
 and enduring in your life.”
 (George Leonard from ‘Mastery’)
 Explore the present moment.
 Just this. Just now.
 This moment only is enough.

V. *The Spiritual Practice of Self-Compassion*

Connect with your spiritual self. Be still and know that you are more than this current crisis or fear or unsettledness.

Your spirit is eternal in this moment.
 Having connected to your spiritual self,
 practice of self-compassion. Say to yourself:
*I am suffering right now;
 all human beings suffer and deserve kindness;
 may I be kind to myself.*

Combining these words with placing your hand on your heart can spur the sense that you are connected with self and others.

This practice may help to switch from fight-or-flight into relax-and-respond.

From this more centered place, ask yourself:
*What gesture of kindness can I do now, for the world?
 For those in need*

See what comes to you.

We have no idea the far-reaching impact of our large or small gestures, even the simple act of bringing ourselves

into a state of loving-kindness has ripple effects we may not see.

All we know is that our peaceful, positive state is a contribution to the world around us. We can make choices from hope, not fear.

Digital Resources (Apps, Articles, Etc.)

[Hallow App](#) (3 Months Free) (Roman Catholic)

[Magnificat: Pray the Mass from Home](#) (Free) (Roman Catholic)

[Centering Prayer App](#) (Free) (Christian)

[Meditation and Mindfulness Resources from Koru Mindfulness](#) (Free)
(Buddhism)

[Online Practice Sessions from Tricycle Magazine](#) (Free) (Buddhism)

[Pandemic Care Resources from Tara Brach](#) (Free) (Buddhism)

[Coronavirus Survival Guide from Ten Percent Happier Meditation App](#)
(Free for Healthcare Providers) (Buddhism)

[On Being Podcast and Website](#) (Free) (Not Tradition Specific)

[Headspace Meditation App](#) (Free for Healthcare Providers) (Not Tradition
Specific)

[Insight Timer Meditation App](#) (Free) (Not Tradition Specific)

[List of Meditation Apps for Phones and Devices](#) (Free) (Not Tradition
Specific)

[Spiritual Practices for the Coronavirus Pandemic](#) from *Spirituality &
Practice* (Free) (Not Tradition Specific)

[Coping and Overcoming Isolation during Physical/Social Distancing](#) (Free)
(Not Tradition Specific)

[Exercise and Wellness Classes from YMCA](#) (Free) (Not Tradition Specific)

[Resources for Healthcare Professionals Coping with the COVID-19](#)

[Pandemic from the Schwartz Center](#) (Free) (Not Tradition Specific)

[13 Museums You Can Visit Online During Your Quarantine](#) (Free) (Not
Tradition Specific)

[Caring for Self and Others in Times of Trouble: Some Spiritual Tools and
Tips](#) (Free) (Not Tradition Specific)

[Resources for Community- and Faith-Based Leaders from the Centers for
Disease Control](#) (Free) (Not Tradition Specific)

[Managing Fears and Anxiety around the Coronavirus \(COVID-19\)](#) (Free)
(Not Tradition Specific)

Online Worship/Gatherings (Not Exhaustive)

[“Jew it at Home” Resources](#) (Judaism- Reform)
[Congregation Eitz Chayim](#) (Judaism- Reform)
[Temple Beth Shalom/Tremont Street Shul](#) (Judaism- Conservative)
[Daily Broadcast from North Hudson Islamic Education Center](#) (Islam)
[Livestream of Eucharistic Adoration](#) (Roman Catholic)
[International List of Online Daily Mass Opportunities](#) (Roman Catholic)
[Livestream from Greek Orthodox Archdiocese of America](#) (Orthodox)
[St. Mary Orthodox Church](#) (Orthodox)
[Livestream from St. Paul AME Church](#) (Protestant)
[Old Cambridge Baptist “Cyber Church”](#) (Protestant)
[Online Compline with the Society of St. John the Evangelist](#) (Protestant)
[List of Online United Methodist Services in US](#) (Protestant)
[Hope Central Church](#) (Protestant)
[United Parish in Brookline](#) (Protestant)
[E-Services from Sri Lakshmi Temple](#) (Hindu)
[Greater Boston Zen Center](#) (Buddhist)
[Cambridge Insight Meditation Center](#) (Buddhist)
[Cambridge Zen Center](#) (Buddhist)
[Arlington Street Church](#) (Unitarian Universalist)
[Zoom Gatherings with the Sacred Design Lab](#) (Not Tradition Specific)
[Directory of Additional Spiritual Communities in Greater Boston](#)

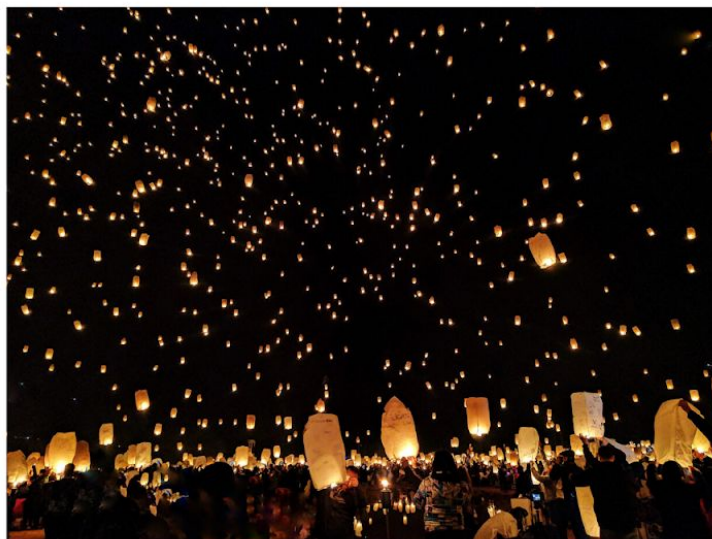
Directories of Online Recovery Meetings:

[Alcoholics Anonymous](#)
[Narcotics Anonymous](#)
[Refuge Recovery](#)
[SMART Recovery](#)
[Al-Anon & Alateen](#)



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