

# May We Find

GRIEF  
SPACE  
Support Practices Adapted FOR THIS Challenging Era



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May we find strength  
as we shelter  
in the sanctuary of our homes.  
May we find purpose  
in handwashing, mask wearing,  
and relentless social distancing.  
May we find joy  
in reaching out to others  
and building a virtual community.  
May we find peace  
in quiet moments  
and mindful breathing.  
May we find connection  
in virtual hugs  
and video conferences.  
May we find hope  
in the knowledge

*that this is only temporary.*



You are welcome to print and share this prayer. Please credit the artist and use #griefspace and #soulbooster when you share. For additional soul-boosting content, visit GriefSPACE at [www.internationalgriefinstitute.com/griefspace](http://www.internationalgriefinstitute.com/griefspace). For more information about the author, visit [www.Zenspirations.com](http://www.Zenspirations.com) and [www.WhenYouLoseSomeone.com](http://www.WhenYouLoseSomeone.com).