



## A MESSAGE OF SUPPORT

### CHAPLAIN STACEY BRADY

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April 4, 2020

Dear Friends and Co-workers at The Lutheran Village at Miller's Grant,

It has been an exhausting few weeks, yes? It has been an unsettling and challenging few weeks, yes? We have been extended beyond our normal limits and asked to work in new and creative ways. We have needed to work extra hours and sometimes even beyond our job descriptions. We are being stretched to think creatively to serve the residents so that they are stimulated and engaged during this time of social distancing and even isolation. Every single one of us is playing an important role in serving this community during the Coronavirus pandemic. Whether you are wiping elevators, making administrative decisions, delivering meals, leading exercise programs, providing nursing care or visiting with a resident, you are making an impact during this crisis. Every day you show up and serve, you make a difference.

As your chaplain, I have the joy of watching you serve. It is inspiring. While I call this the love of Jesus and the work of the Holy Spirit, I fully embrace those who have other ways of referring to these wonderful expressions of compassionate service that are shown every day. Let us give thanks together. I am, however, aware that for all of us, no matter our spiritual background, the well from which we draw our spiritual water can run dry. I thought I might offer you a few resources. Perhaps they will replenish you. I have listed below several online resources that may be helpful. They are certainly not exhaustive, but they may offer spiritual support to you during this time.

#### Protestant resources:

- Worship with the DE-MD synod of the ELCA  
Sundays at 10 a.m. & Wednesdays at 7 p.m.  
[www.demdsynod.org](http://www.demdsynod.org)
- [1517.org](http://1517.org)
- Barbara Brown Taylor (Episcopal priest- YouTube)
- Fred Craddock (Disciples of Christ- YouTube)

#### Roman Catholic resources:

For online mass, including a virtual Lenten retreat- [catholictv.org](http://catholictv.org)

- Richard Rohr (YouTube)
- James Martin (YouTube)
- Joyce Rupp (YouTube)
- Joan Chittister (YouTube)



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#### Jewish resources:

- Online Shabbat service are livestreamed every Friday at 6:30 p.m. and every Saturday at 10:00 a.m. at <http://zoom.us/j/6450339344>  
<http://youtube.com/CharlesArian>

#### Spiritual resources (shared by Lynn Glaeser):

- [www.hayhouse.com](http://www.hayhouse.com) a resource with movies, podcasts, eBooks, & meditation articles. Some are free.
- [www.TaraBrach.com/create-home-retreat.com](http://www.TaraBrach.com/create-home-retreat.com) is a how to guide for creating your own personal retreat at home.
- [www.Calm.com](http://www.Calm.com), a free meditation website and App. Insight Timer, a free meditation App.

I realize that all of these resources are online. If you are not comfortable utilizing online resources, please contact me directly and I will get you what you are searching for. My phone number is #410-696-6763. My email is [sbrady@lsmmd.org](mailto:sbrady@lsmmd.org).

As a faith based organization, we value compassionate care and service. I see you offering that in numerous ways each and every day. It is an honor to serve among you. Please know that I lift you in prayer each day. I pray for your strength, your endurance and your willingness to serve. I pray that you will remain understanding of the residents we serve who are restless or fearful or independently minded or panicked, and of course, for those who are sick. We are a team. We are in this together. Might we allow ourselves to be led by the Light from above to find our hope and inspiration. Again, if I can serve you in any way, please reach out to me at the above referenced number or email.

Peace and blessings,  
Chaplain Stacey Brady