

10 Commandments for the time with Corona

1. You shall love your neighbour, but because of this love, don't get too close. Keep a "loving distance". Taking care of your own and your neighbour's health is always important. Now it is of vital importance.
2. You shall not hoard- neither toilet paper nor pasta, let alone disinfectant or protective clothing. These things are required in clinics, not in your guest toilet at home.
3. The pandemic should bring out the best in you. Neither a corona-wolf nor a covid-monster, but a dedicated fellow human being who acts in solidarity with others.
4. You shall be comfortable with giving some things up. Times of quarantine are times of fasting. In return you gain other freedoms. Very fitting for this time before Easter.
5. You shall not spread panic. Panic is never a good advisor; common sense and humour however are. So: Listen to what the experts say, keep others calm and don't take yourself too seriously! This way you can't go far wrong and it builds up your own mental wellbeing .
6. You should learn from past generations. In former times of plague and pestilence, when medical treatment was less developed than today, people found help in their trust in God and in caring for one another. These things are surely just as helpful today.
7. You shall above all comfort and strengthen those who fall sick, suffer or die. And also those who mourn for them. Be the sort of person you would like to have around.
8. You shall care for others who need your help - the lonely, the fearful, the anxious. Or those who are under pressure in their jobs. That not only helps others but liberates you.
9. You shall act with spontaneous creativity in response to the pandemic. This is what God calls us to do. In the end you may be amazed at the positive outcomes you and others experience.
10. You shall not dread silence and stillness. If quarantine leads you to having more time for reflection, reading and your family - this would be a positive "secondary gain".

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