

# Bring hope and comfort to the grocery store

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When my local government issued stay at home orders and local media started broadcasting reasons why people should be afraid of the coronavirus, the mental atmosphere in my community turned fearful and strained.

For instance, I went to the grocery store, and shoppers were filled with fear, hesitation, concern and anxiety like I'd never felt before in a public place. People were avoiding each other, remaining silent, on guard to coming near others, in a rush to get out, and visibly uncomfortable. The atmosphere was tense and strained, to say the least. I started to feel the same, and thought, "This isn't right. We don't need to be this way."

After I left the store I prayed for peace about what to do, and resolved that the next time I went to the grocery store, I was not going to bring more fear into that environment, but peace and love that would have a positive effect and lift spirits.

I prayed to know that God's presence was in that store providing protection and safety for everyone from the coronavirus. That God's presence was more tangible, concrete and solid than any fear. That my neighbors all reflected the Mind of God that thought intelligently, acted wisely, and at the same time, still felt buoyancy, joy and delight that everything was working together for good.

A week later, I was headed back to the store, but this time, rather than racing in to "Get the job done," I paused at the entrance and did a short prayer to remember that I was entering

God's presence, shopping in God's presence, and with healthy and happy children of God all around.

My experience was a total reversal of the previous fearful event.

I brought in a smiling face and was greeted by other smiling faces. I took time to make supportive comments to other shoppers, and they responded favorably. I made friendly chit-chat with the checkout clerk, and she was happy to chat back. I left the store feeling so much better than the week before.

We don't have to accept atmospheres of fear as fixed. They can be changed. They can be improved. They can be replaced with hope and comfort.

Bring hope and joy wherever you go this week. Others will be grateful, and you'll be happier too.

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