

Krug the Thinker

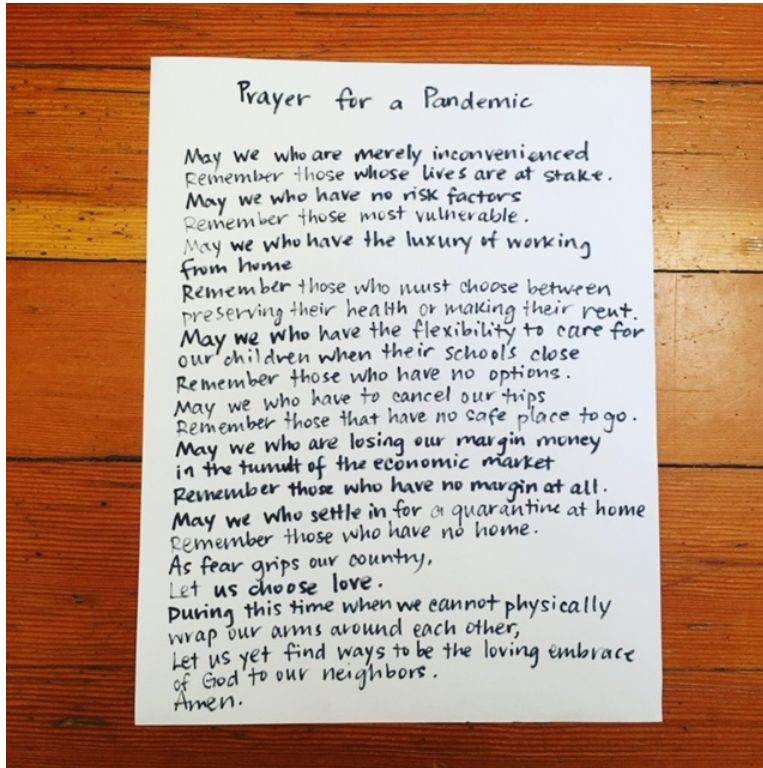
Seeking the sacred in the everyday

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MAR
12 2020

PRAYER FOR A PANDEMIC

COMMENTS



When I wrote this prayer [a few days ago](#), I had no idea it would resonate with so many people. I am humbled and awed by the number of you who have shared it and written to express your shared hope and prayers during this truly difficult time.

I know that some of you have been searching for the source of this prayer, and I am sorry I didn't write my name on the paper! My name is Cameron Bellm, and I live in Seattle, WA. Please feel free to share the prayer, to use it in your worship services or meetings, read it aloud, or use it in any other way that brings you comfort. Thank you so much for your prayers and messages. Your compassion and love for your neighbors has certainly brightened the world in a very dark time.



Hello! My name is Cameron, and I'm a Seattle mom of two young boys. After finishing my PhD in Russian literature, I traded the academic life for the contemplative life (well, as contemplative as chasing two small kids can be!). I am a great lover of Ignatian spirituality, Catholic social teaching, and strong black coffee. My deepest joys are reading, writing, and finding new ways to pray.



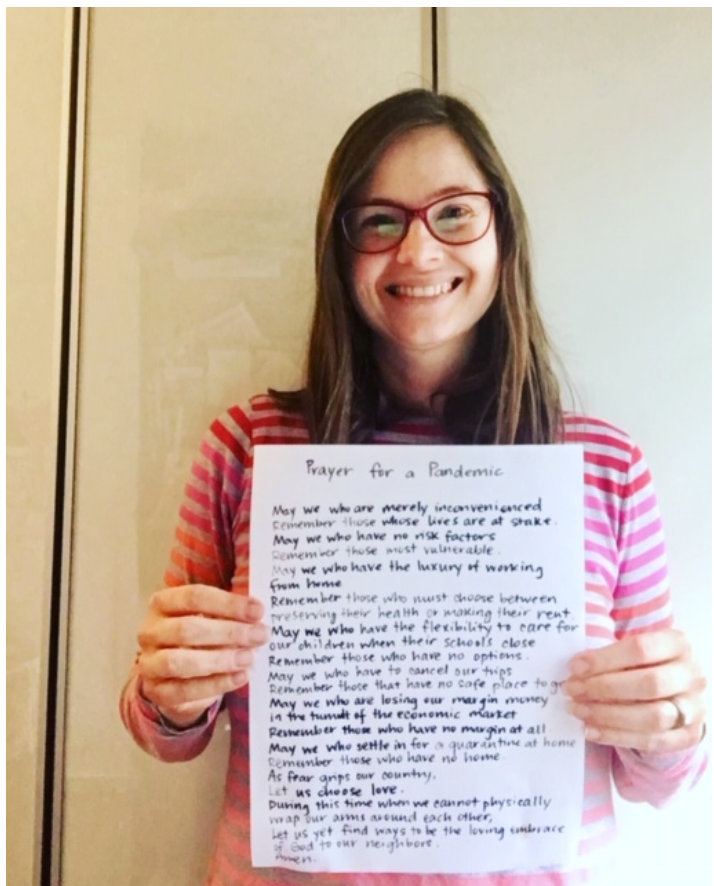
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Prayer for a Pandemic
By Cameron Bellm

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.

« [Advent with St. Oscar Romero](#)

[Angels in Blue Gowns](#) »

163 COMMENTS

Comment or Message *

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**Aileen**

Mar 12, 2020 @ 22:43:47

Thank you.

[Reply](#)**krugthethinker**

Mar 16, 2020 @ 17:47:51

Thank you for praying with me!

[Reply](#)**kathy Melvin**

Mar 13, 2020 @ 12:26:40

May we share your post and a photo of the prayer on Face Book?

Kathy Melvin
Presbyterian Mission Agency[Reply](#)**krugthethinker**

Mar 16, 2020 @ 17:48:05

Absolutely!

[Reply](#)**Karen Wilson**

Mar 17, 2020 @ 07:39:02

Thank you for this beautiful prayer. I am a Moravian minister in Germany. I would love to translate your prayer into German and include it in our worship on Sunday, which would be read only by the members of our congregation. Would that be ok with you.? Of course I would write your name underneath. Thanks. Blessings, Karen.

[Reply](#)**krugthethinker**

Mar 17, 2020 @ 12:25:00

Dear Karen, absolutely you may translate it and share it! What a beautiful thought, that God is wrapping His loving arms all the way around the globe.

[Reply](#)**Fr Kevin PJ Coffey**

May 04, 2020 @ 06:53:07

Dear Karen,

Would you please post your German translation here?

kpic+

[Reply](#)**Carolynn Van Dyke**

Apr 14, 2020 @ 09:25:32

March 2016

February 2016

January 2016

December 2015

November 2015

October 2015

September 2015

August 2015

July 2015

June 2015

May 2015

April 2015

March 2015

February 2015

January 2015

December 2014

November 2014

October 2014

September 2014

August 2014

July 2014

June 2014

May 2014

April 2014

March 2014

February 2014

January 2014

December 2013

November 2013

October 2013

September 2013

August 2013

July 2013

June 2013

May 2013

April 2013

March 2013

February 2013

January 2013

December 2012

November 2012

A member of our Quaker meeting suggested that we print your poem in our monthly newsletter. She didn't know the author's name, but Google came through (as usual) and led me to your blog. Having having learned something about you, I'm even more grateful for her suggestion! (By the way, lots of our members also find wisdom in Ignatian spirituality.) I intended to ask your permission to reprint the prayer, but knowing that you have responded with warm generosity to similar requests, I'll spare you the trouble of another individual response—and I'll just say thank you and bless you!

[Reply](#)



krugthethinker

Apr 14, 2020 @ 11:34:00

Hi,Carolynn, and thank you for your kind message! Yes, absolutely, you may print the prayer in your newsletter. I'm so glad to be connected to you and your community. Three cheers for Ignatian spirituality! Thank you for praying with me!

[Reply](#)



kendall harmon

Mar 13, 2020 @ 14:24:51

This is inspiring and terrific, many thanks.

[Reply](#)



krugthethinker

Mar 13, 2020 @ 21:04:48

You are so welcome!

[Reply](#)



John Pepper

Mar 13, 2020 @ 21:41:45

This poem was read aloud earlier tonight in Hanover NH. It struck me as one of the most authentic, timely, empathetic writings that cut through all the noise. I wanted to share it as an email to my customers. Would it be ok to do that, with your name and blog linked? Goes to a few thousand people. Regardless thank you such an incredible gift to so many.

John Pepper (Norwich VT)

[Reply](#)



krugthethinker

Mar 14, 2020 @ 10:17:27

Hi, John, thank you so much for your beautiful comment. Yes, absolutely, please feel free to share it! Thank you for praying with me.

[Reply](#)



P Curry

Mar 20, 2020 @ 07:17:35

Hi Cameron

Thank you so much for this prayer. I put it on my facebook page and our Pastor is using it on Sunday morning on our You Tube Church Service. If you are able to listen in it is Trinity Church Harrow (Pastor David Varcoe) May God continue to bless you and your family. Here in the UK it is Mothering Sunday on 22nd MARCH so, Happy Mother's day!

October 2012

September 2012

August 2012

July 2012

June 2012

May 2012

April 2012

March 2012

February 2012

January 2012

December 2011

November 2011

October 2011

September 2011

August 2011

January 2010

December 2009

[Reply](#)



krugthethinker

Mar 20, 2020 @ 09:33:21

Thank you so much! And thank you for praying with me!

[Reply](#)



Gary Meyerl

Mar 14, 2020 @ 09:44:28

Amen! Each line of this prayer brings someone different to mind. I appreciate the opportunity to mindfully pray this prayer and remember the people in my own community and around the world in need of our help and God's mercy, grace and love!

[Reply](#)



krugthethinker

Mar 14, 2020 @ 10:16:47

Thank you so much for this beautiful comment and for praying with me!

[Reply](#)



Randy Flanagan

Mar 15, 2020 @ 06:33:27

Thank you for this prayer. You are a blessing

[Reply](#)



Rob Martorana

Mar 16, 2020 @ 06:10:56

May God bless you.

My wife works nights in the ICU and I pray for her daily. I work in finance, and many people are tone deaf right now.

Thanks for showing us how to love God and love our neighbor.

[Reply](#)



krugthethinker

Mar 16, 2020 @ 17:49:21

Thank you so much for praying with me, Rob, and to your wife for the beautiful work she does in caring for others.

[Reply](#)



krugthethinker

Mar 16, 2020 @ 17:48:36

Thank you so much for praying with me!

[Reply](#)



Sophia

Mar 15, 2020 @ 12:11:47

Thank you for your beautiful perspective and words, Cameron.

[Reply](#)**krugthethinker**

Mar 16, 2020 @ 17:49:37

Thank you for praying with me!

[Reply](#)**Nancy Steele**

Mar 15, 2020 @ 12:26:27

Blessings to you for sharing your gift from God.

[Reply](#)**krugthethinker**

Mar 16, 2020 @ 17:50:24

Thank you so much for praying with me. I am humbled and awed by the reach this prayer has had, and deeply encouraged by the great number of people who are committed to caring for their neighbors.

[Reply](#)**Cindy Vosholler**

Mar 15, 2020 @ 17:31:22

Love this prayer and shared it! Would love to connect with you personally. My maiden name was Bellm and haven't found many outside of our general area in Illinois. Thank you!

[Reply](#)**krugthethinker**

Mar 16, 2020 @ 17:39:19

That's amazing! My husband's family is from Illinois—I bet we are related! I will email you:)

[Reply](#)**Isaiah Poole**

Mar 15, 2020 @ 19:15:40

This prayer was in an email sent by a restaurant chain. That led me to discover its original source on the internet. I have shared it on Facebook by creating a graphic on Canva. Here's the link to the graphic if you are interested: <https://is.gd/ijrCfy>

[Reply](#)**krugthethinker**

Mar 16, 2020 @ 17:39:44

Thank you so much, Isaiah! That is a beautiful image. Thank you for praying with me.

[Reply](#)**Joseph Olague**

Mar 15, 2020 @ 21:02:28

Beautiful, shared it on neighborhood, next door app. Great response.

[Reply](#)

**krugthethinker**

Mar 16, 2020 @ 17:40:31

Thank you so much!

[Reply](#)**Sonya Hubbard**

Mar 16, 2020 @ 05:06:00

Thank you for writing and sharing this prayer. It has been bouncing around on the internet and our priest read it during our online church service yesterday. I am delighted to learn who wrote it and be able to attribute this piece to you, the author.

[Reply](#)**krugthethinker**

Mar 16, 2020 @ 17:41:06

Thank you so much, Sonya! I am really honored to have been part of your mass. Thank you for praying with me!

[Reply](#)**Karen Fox McCray**

Mar 16, 2020 @ 06:40:55

I just posted your prayer on my FB page as a reminder to all of us. It so beautifully expresses what I have been thinking & feeling but couldn't put into words. Thank you for sharing this.

[Reply](#)**krugthethinker**

Mar 16, 2020 @ 17:50:52

Thank you so much for praying with me!

[Reply](#)**Bruce Fields**

Mar 16, 2020 @ 07:40:25

Thank you Cameron! Since you gave permission, I shared your Prayer for a Pandemic with our congregation (First Baptist Church, Gainesville, Georgia) as we live-streamed yesterday. Many, many favorable comments from our membership so I have emailed it to others this morning. God has blessed you with the ability to communicate comfort and I wanted you to know of our deepest appreciation. Press on!

[Reply](#)**krugthethinker**

Mar 16, 2020 @ 17:42:15

How wonderful! Thank you, Bruce. I'm so honored to have been part of your service. Thank you and your congregation for praying with me and for committing to love our neighbors.

[Reply](#)**Laurel Kirchner**

Mar 16, 2020 @ 07:42:04

Thank you for sharing this beautiful and timely prayer. Our pastor prayed this prayer during the online services held at Sherwood Park Alliance Church in Canada this past weekend.

I work for a hospital board (that has deep, deep Catholic roots — all of our 18 sites were started by Catholic Nuns starting as early as the 1800s). We will be posting this prayer for our staff, along with the lines: (We will credit you as the author, link to your blog and include an editorial note as to the line that was added.)

“May we who have the luxury of deciding to go to work or not consider the first responders and the healthcare workers who don’t have that choice. And pray for their health and safety.”

I hope this is okay.

Laurel

[Reply](#)



krugthethinker

Mar 16, 2020 @ 17:43:40

Thank you, Laurel! That is beautiful. Yes, absolutely, I am so glad you added that line. Since I first wrote the prayer, it has become more evident to me how many people are straining themselves to care for us all—most especially health care workers. God bless you for the beautiful work you do.

[Reply](#)



Janine Walsh

Mar 16, 2020 @ 08:43:59

Thank you so much for this beautiful prayer! I am communications coordinator for the Franciscan Action Network and with an email authorization to repost, I shared on our three social media channels. Thank you again!

[Reply](#)



krugthethinker

Mar 16, 2020 @ 17:44:49

Wow, thank you for praying with me! I have such a deeply special place in my heart for Franciscans!

[Reply](#)



Philip Yancey

Mar 16, 2020 @ 10:40:59

I posted it on my Facebook site, with a reach of 55,000. Thanks for your generosity. You’re a fine writer!

[Reply](#)



krugthethinker

Mar 16, 2020 @ 17:46:34

Thank you so much, Philip! I have read your books and am very humbled to receive such a compliment from you. Thank you so much for praying with me and for encouraging others to love their neighbors.

[Reply](#)



S

Mar 16, 2020 @ 11:35:45

Hi Cameron, this is stirring. May I ask if we can post your Prayer online on social media (for a faith based Foundation). Can provide you more details offline if you are open to it. God bless.

[Reply](#)**krugthethinker**

Mar 16, 2020 @ 17:45:21

Yes, absolutely, please share it however you like. Thank you for praying with me!

[Reply](#)**Raiz Carasig**

Mar 17, 2020 @ 01:18:56

Thanks so much for this beautiful prayer Cameron – it is very moving and touches our very core. I'm with the Center for Ignatian Spirituality, Philippines and since our entire region is on a lockdown until Easter and with public Masses indefinitely suspended, I'm trying to post meaningful and uplifting articles & prayers on our FB page. This prayer you composed will surely be a big help. Permission to share. Thanks!

[Reply](#)**krugthethinker**

Mar 17, 2020 @ 12:26:20

Raiz, your beautiful message brought tears to my eyes. Yes, absolutely, you may post and share the prayer. Thank you so much for praying with me!

[Reply](#)**Angie**

Mar 17, 2020 @ 05:43:06

Beautiful prayer! Would you allow our parish to reprint it in a worship aid, including your name as author, that would be posted online as part of a prayer service?

[Reply](#)**krugthethinker**

Mar 17, 2020 @ 12:25:28

Hi, Angie, absolutely! Thank you for praying with me!

[Reply](#)**Mike**

Mar 17, 2020 @ 08:41:56

Dr. Bellm, thank you for this inspiring prayer. You have touched the soul with these words and I will be sharing this prayer with our Lutheran Congregation in Rhode Island. mike

[Reply](#)**krugthethinker**

Mar 17, 2020 @ 12:21:53

Thank you so much, Mike. That is beautiful to hear! Thank you for praying with me.

[Reply](#)**Bill Gabbard**

Mar 17, 2020 @ 10:55:12

Shared this with my church choir here in Atlanta this past Sunday (via email as our service was cancelled). So very blessed by these words and thankful for the Holy Spirit who spoke

through your pen! Sharing it on our livestream worship service to the entire congregation this Sunday. Many thanks! #stedmundorapronobis

[Reply](#)



krugthethinker

Mar 17, 2020 @ 12:21:16

Thank you so much for praying with me! I am so humbled and honored to have been part of your service.

[Reply](#)



Darla Sloan

Mar 17, 2020 @ 12:38:11

A friend shared your prayer with me on Facebook. I am a pastor of a French speaking congregation in Québec City. My husband translated your prayer so I could share it with my congregation. Here it is. Do I have your permission to share it with them in an e-mail. I of course will give you credit, will link to your blog. It's totally non profit and for spiritual nurture. I hope you'll say yes.

Prière pour une pandémie
de Cameron Bellm

Que nous, qui ne sommes qu'importunés par cette situation,
nous rappelions des personnes dont la vie est en jeu.

Que nous, qui n'avons que peu de facteurs de risque,
nous rappelions des personnes les plus vulnérables.

Que nous, qui avons le luxe de pouvoir travailler à domicile,
nous rappelions des gens qui doivent choisir entre préserver leur santé et payer le loyer.

Que nous, qui avons la possibilité de voir à nos enfants durant la fermeture des écoles,
nous rappelions des personnes qui n'ont pas un tel choix.

Que nous, qui devons annuler nos voyages,
nous rappelions des personnes qui n'ont aucun endroit sécuritaire où aller.

Que nous, qui perdons nos marges monétaires dans le tumulte des marchés financiers
nous rappelions des gens qui n'ont aucune marge disponible.

Que nous, qui nous installons confortablement en quarantaine chez nous,
nous rappelions des personnes qui n'ont pas de foyer.

Alors que la peur agrippe notre pays,
choisissons d'aimer.

En cette période où il est déconseillé de nous prendre dans les bras les uns les unes les autres,
trouvons des façons d'incarner l'étreinte du Dieu d'amour envers notre prochain.

Amen.

[Reply](#)



krugthethinker

Mar 17, 2020 @ 15:55:19

Darla, your comment brought tears to my eyes. How beautiful it is to remember that God speaks every language. Yes, absolutely, please feel free to share the prayer! Thank you so much for translating it and making it available to so many people.

[Reply](#)



Darla Sloan

Mar 17, 2020 @ 16:02:46

You are so welcome. Thank-you for giving us permission. The prayer just went out in French and will reach well over a hundred French-speaking people in Canada, in Europe and in Africa.

[Reply](#)**Abegail**

Mar 17, 2020 @ 12:49:03

Thank you for sharing this to us!!!

[Reply](#)**krugthethinker**

Mar 17, 2020 @ 15:55:40

Thank you for praying with me!

[Reply](#)**Hilary Deneufchâtel**

Mar 17, 2020 @ 13:25:00

Read this in Benin, West Africa. Thank you!

[Reply](#)**krugthethinker**

Mar 17, 2020 @ 15:56:11

How beautiful! Thank you for praying with me!

[Reply](#)**Jen Owens-Jofré**

Mar 17, 2020 @ 16:52:59

Hi there, Cameron.

Thanks so much for sharing this prayer with the world! It puts words to what many of us have been feeling.

I'd like to translate your prayer into Spanish. Is that ok with you?

Thanks for considering it!

–Jen

[Reply](#)**krugthethinker**

Mar 17, 2020 @ 22:31:20

Hi, Jen, thank you so much! Yes, absolutely, please feel free to translate it. Thank you for praying with me and for making it available to more people!

[Reply](#)**krugthethinker**

Mar 17, 2020 @ 22:32:36

Also, I just popped over to your site, and your work is amazing! I will definitely follow you there.

[Reply](#)**Jen Owens-Jofré**

Mar 18, 2020 @ 08:54:41

Thanks so much, Cameron! I'll post it here when I've translated it.

Thanks for your kind words about my website, as well. I'd like to link to your site from mine, so folks can access the prayer in all these languages. How awesome that it's already been translated into French! Would that be ok with you?

Thanks for considering it, Cameron. Peace be with you.

[Reply](#)



krugthethinker

Mar 18, 2020 @ 11:23:14

Absolutely, Jen, that's a beautiful idea! I also received a message from someone who wanted to translate it into German. I was just scrolling through your site and saw that you were on Catholic Women Preach. So awesome! Consider me a very big fan of your work 😊

[Reply](#)



Zach

Mar 17, 2020 @ 19:05:19

We just read this during a virtual Zoom alcoholics anonymous reading. Thank you so much for writing this. It was beautiful and everyone really appreciated it. We read it in tandem with works by Epictetus and Rabbi Schneur Zalman of Liadi so very good company...

[Reply](#)



krugthethinker

Mar 17, 2020 @ 22:28:56

Oh, how wonderful! Thank you so much for letting me know, and thank you for praying with me.

[Reply](#)



Betsy Turner

Mar 18, 2020 @ 06:40:07

Joining the chorus of those praying with you and giving thanks for your ability to put words around something that feels so big and unspeakable. I'm a pastor of a PCUSA church in Stockbridge, GA (near Atlanta) and I have shared your beautiful prayer with my people. I'm glad to "meet" you and will be bookmarking your page!

[Reply](#)



krugthethinker

Mar 18, 2020 @ 08:38:27

Thank you for your beautiful message, Betsy! It's especially sweet to me because my grandfather was a pastor in the PCUSA Church. Thank you for praying with me.

[Reply](#)



Tracy McClure

Mar 18, 2020 @ 06:58:12

Cameron, we here at St. Francis of Assisi Catholic Church in Cordova, TN would like to share your beautiful reflections in our emails to parishioners, and mention your connection to our school. If that is okay, will you please email me a few lines about that history and what, if

anything, you would like to share from your time here?
Very appreciative!

[Reply](#)



krugthethinker

Mar 18, 2020 @ 08:39:09

Hi, Tracy! Thank you so much for sharing the prayer. Sure, I will email you!

[Reply](#)



Maria

Mar 18, 2020 @ 07:09:08

Hello! This prayer is wonderful. We shared it on our website with prayer resources during this time, linking back to your site and giving you credit seeing that you gave permission above. Our Office of Multicultural Ministry and Office of Worship composed an adaptation of the prayer in Spanish. That adaptation can be found here – <https://www.dosp.org/coronavirus/prayer-resources/prayer-for-a-pandemic/>. God bless!

[Reply](#)



krugthethinker

Mar 18, 2020 @ 08:40:18

Oh, how beautiful! Thank you so much, Maria! It's a wonderful reminder that God hears us, in every language, in every place. Thank you for praying with me!

[Reply](#)



Susan

Mar 18, 2020 @ 08:45:30

This really is a beautiful prayer. I put it in our church newsletter (having added your name!) and received feedback that it was much appreciated. Thank you for sharing it!

[Reply](#)



krugthethinker

Mar 18, 2020 @ 11:24:28

Thank you so much for praying with me!

[Reply](#)



David Ciechanowicz

Mar 18, 2020 @ 09:20:34

Thank you for bringing light into darkness. Keep up the inspiration. I plan to share with a number of my friends and tenants. God Bless you and our country.
Indianapolis

[Reply](#)



krugthethinker

Mar 18, 2020 @ 11:24:12

Thank you so much for praying with me!

[Reply](#)



Todd Spencer

Mar 18, 2020 @ 11:35:44

A friend shared this prayer with me this morning as we began a meeting...So thankful for you, Cameron! I will be sharing this with hundreds more over the coming days. Deepest Peace with You,
Todd

[Reply](#)



krugthethinker

Mar 20, 2020 @ 09:44:09

Thank you so much for praying with me!

[Reply](#)

Prayers for the pandemic | 4th Point

Mar 18, 2020 @ 12:03:02

[...] Prayer for a Pandemic by Cameron [...]

[Reply](#)



J. Brent Bill

Mar 18, 2020 @ 12:30:00

Thank you so much for this prayer — I have shared it with our Quaker community (with attribution, of course — we writers have to stick together even in a pandemic!)

[Reply](#)



krugthethinker

Mar 20, 2020 @ 09:43:41

How wonderful! Thank you so much for praying with me.

[Reply](#)



Vicki Pasterik

Mar 18, 2020 @ 13:26:57

I'm a graphic designer, and I made your prayer into a pretty graphic to share on my Facebook page. I don't see a way to share a graphic with you here, but if you'd like me to send it to you, please email me and I'd be happy to send it. God bless you!

[Reply](#)



krugthethinker

Mar 20, 2020 @ 09:42:59

How wonderful! Thank you for doing that!

[Reply](#)



MSP

Mar 18, 2020 @ 13:29:27

Hello Cameron,

Thank you for writing this beautiful prayer. I'd like permission to post Prayer for a Pandemic on my clients website for their retirees to see as they are the most vulnerable to Coronavirus.

[Reply](#)



krugthethinker

Mar 20, 2020 @ 09:42:35

Yes, absolutely, you may! I'm sorry for the late reply!

[Reply](#)



Marco Katz Montiel

Mar 18, 2020 @ 14:57:07

Melanie Humphreys, President of the The King's University in Edmonton, read this prayer at our emergency faculty meeting on 16 March 2020. It made a tremendous impact on many of us, and we thank you for writing and sharing these beautiful thoughts.

[Reply](#)



krugthethinker

Mar 20, 2020 @ 09:42:06

How beautiful! Thank you for praying with me.

[Reply](#)



Mattie Scott

Mar 18, 2020 @ 20:07:03

Thank You for your Awesome and Humble Prayer. We're so blessed in our country and really have nothing to complain about. Thank You for reminding us all about our Father God who Loves us all His children. Sending Hugs to you and everyone.

[Reply](#)



krugthethinker

Mar 20, 2020 @ 09:40:09

Thank you for praying with me!

[Reply](#)



Denyse Rodgers

Mar 19, 2020 @ 08:44:58

Thank you for this beautiful prayer. I shared it as an invocation at Baylor University's Faculty Senate meeting on Tuesday, Mar. 17. It touched me and I know it touched the others who heard it (because they asked me about it!!).

[Reply](#)



krugthethinker

Mar 20, 2020 @ 09:39:11

How wonderful! Thank you so much for praying with me.

[Reply](#)



Lynda Boucher

Mar 19, 2020 @ 09:17:15

Perfect for such a time as this, Cameron! A friend posted it on FB, and I had to discover the source of this awesome poem. God has given you an amazing gift in your writing. I would like your permission to share your poem on my blog crediting you as the author, as well as a link to your website. I write devotionals for children. As I ponder your poem I sense ideas for devos that would help children. If anything develops from those thoughts, I'll be sure to run them by your first. Thank you.

[Reply](#)

**krugthethinker**

Mar 20, 2020 @ 09:38:41

What a beautiful idea! Thank you, Lynda! Yes, absolutely, you have my permission. Thank you for praying with me.

[Reply](#)**Lynda Boucher**

Mar 28, 2020 @ 13:47:21

Hi Cameron~ Since I posted your beautiful poem on my blog last week, I've written a prayer for kids in a similar style as your Prayer for a Pandemic. I've titled it "When and Then Prayer." As I said previously, I'm running it by you.

WHEN AND THEN PRAYER

by Lynda Boucher

When I can't be with all my friends,
Then help me remember people who have no friends.
When I'm healthy, loved, and safe,
Then help me remember people who are sick or alone.
When I have to stay home and do school,
Then help me remember teachers preparing my lessons.
When we have to call off our vacation and stay home,
Then help me remember people who have no home.
When we can't get everything we want at the store,
Then help me remember people who don't have what they need.
During this time when life is so different than ever before,
Then help me do what I can to make someone else's life better.
I can make phone calls, write letters and stories, send emails,
Read to someone, play games with my family, and
Pray!
Amen

[Reply](#)**krugthethinker**

Mar 28, 2020 @ 16:48:01

This is wonderful, Lynda! Thank you so much for speaking so beautifully and gently to the hearts of children.

[Reply](#)**Rev. Wade Lindstrom**

Mar 19, 2020 @ 09:28:23

Perfect Prayer for such a time as this, thank you!

[Reply](#)**krugthethinker**

Mar 20, 2020 @ 09:37:56

Thank you for praying with me!

[Reply](#)**Brandon Bailey**

Mar 19, 2020 @ 09:34:00



Thank you for the beautiful prayer! I plan to use it in worship this Sunday.

[Reply](#)



krugthethinker

Mar 20, 2020 @ 09:37:36

Thank you so much for praying with me!

[Reply](#)

Prayer for a Pandemic – Ringgold United Methodist Church

Mar 19, 2020 @ 17:12:59

[...] Original post and more information on this author. [...]

[Reply](#)



Nathaniel R. Rouse

Mar 20, 2020 @ 07:33:43

Thank you for such a mindful and thoughtful prayer.

[Reply](#)



krugthethinker

Mar 20, 2020 @ 09:28:30

Thank you so much for praying with me!

[Reply](#)



Janice

Mar 20, 2020 @ 18:08:19

Cameron, just wanted to let you know that I shared your prayer with my synagogue in Illinois, and they printed it in their online newsletter, which just came out today. Thank you!

jw

[Reply](#)



krugthethinker

Mar 21, 2020 @ 21:02:08

That's so wonderful! Thank you for letting me know, and thank you for praying with me.

[Reply](#)



Thomas Mertz

Mar 20, 2020 @ 08:17:46

Hi Cameron,

I am a Lutheran Pastor in Hamilton, ON. I came across your "Prayer for a Pandemic," would you give me permission to use it on our website and include it in the worship resource I am going to send out to our members tomorrow?

[Reply](#)



krugthethinker

Mar 20, 2020 @ 09:28:03

Yes, absolutely! Thank you so much for praying with me.

[Reply](#)

**Jackie Friend**

Mar 20, 2020 @ 15:49:25

We used this prayer in church on Sunday as the prayer for the day and it was very moving. It also turned out to be the last service for a long time as now all gathered public worship has had to stop, Jackie, All Hallows', Leeds UK

[Reply](#)

**krugthethinker**

Mar 21, 2020 @ 21:00:31

Oh, I'm so glad to hear that! How wonderful that we can remain connected even when we are so distanced from each other. We are also watching mass on our computer here in Seattle, and grateful to have it!

[Reply](#)

**Vered Harris**

Mar 20, 2020 @ 16:31:32

Sharing tonight in worship in Oklahoma City. Thank you <3

[Reply](#)

**krugthethinker**

Mar 21, 2020 @ 21:01:07

That is beautiful! So honored to be part of your worship. Thank you for praying with me.

[Reply](#)

Prayer for a Pandemic – Manningham Uniting Church

Mar 20, 2020 @ 17:36:20

[...] Source from: <http://krugthethinker.com/2020/03/prayer-for-a-pandemic/> [...]

[Reply](#)

**Pauline Hovey**

Mar 20, 2020 @ 21:46:19

Hi, Cameron! I found your prayer through NCR, and loved it, so I shared it on my blog. Trying to share the positive and the beautiful during these uncertain times in which God's love holds us so unfailingly. Thank you!

[Reply](#)

**krugthethinker**

Mar 21, 2020 @ 21:03:07

That is so beautifully put, Pauline! Thank you so much for sharing and for praying with me.

[Reply](#)

**Kara Lefever**

Mar 21, 2020 @ 14:20:45

May I share??? Touching, lovely and so much truth! Love it! May God bless you and keep you!

[Reply](#)**krugthethinker**

Mar 21, 2020 @ 21:03:39

Absolutely! Thank you for praying with me!

[Reply](#)**Ian Howarth**

Mar 22, 2020 @ 08:00:05

Thank you for your prayer Cameron. I used it in a Methodist Service in East London this morning.

Grace and Peace to you

Ian

[Reply](#)**krugthethinker**

Mar 22, 2020 @ 17:24:02

How wonderful! I'm honored to have been part of your service. Thank you for praying with me!

[Reply](#)**Javy Gwaltney**

Mar 24, 2020 @ 06:13:14

Thank you for the well thought out prayer. I will be sharing it during my worship services video this week on YouTube. (Our congregations are staying home because of the virus). May the Lord continue to bless you in all that you do

[Reply](#)**krugthethinker**

Mar 25, 2020 @ 08:14:58

Thank you so much for praying with me!

[Reply](#)**Andreas Løland**

Mar 25, 2020 @ 00:34:22

Thank you for your wonderful prayer. We have translated it into Norwegian, written it down in a similar way that you did and posted it on our Facebook page "Misjonsalliansen".

[Reply](#)**krugthethinker**

Mar 25, 2020 @ 08:15:25

That is so beautiful! Thank you for letting me know, and thank you for praying with me!

[Reply](#)**Louise Shanly**

Mar 25, 2020 @ 03:19:01

Hi Cameron Thank you for your wonderful prayer. It's now Down Under in New Zealand and I've just sent it to members of an Equity In The NZ RC Church group I belong to. I've also

sent details about you as the creator and a link to your blog. It's particularly meaningful for me as we have a daughter in Seattle and another member of our group has a son and new daughter-in-law in Seattle. Also, our local parish is St Ignatius! Thank you again. Louise

[Reply](#)



krugthethinker

Mar 25, 2020 @ 08:16:11

Thank you so much, Louise! How wonderful. Thank you for praying with me. Praying that you all, and your Seattle family, are well!

[Reply](#)



Eric Alm

Mar 25, 2020 @ 10:16:24

Hi Cameron,

I've shared your prayer to be included in our monthly church newsletter and will likely use it when praying the Divine Office as well. I will also post it on our church Facebook, with credit to you of course. I'm trusting that's ok with you, based on the above posts. 😊 Thank you for writing and sharing it with us. The Spirit is speaking.

[Reply](#)



krugthethinker

Mar 25, 2020 @ 15:26:01

Hi, Eric, and thank you for your kind message. Yes, absolutely! Please share it however you like, and thank you for praying with me.

[Reply](#)



Rev. Dr. Rob Joy

Mar 26, 2020 @ 15:36:23

This is a prayer for our time. It struck all the right chords and with feeling. If I may, could I use it in my church newsletter or in an email message to my congregation, giving you all the credit, and God all the glory? I know my folks will resonate with this heart-felt and brilliant offering. Please, keep writing! We harried pastors need to be refreshed by your insight. Stay safe and well and your family also.

Grace and Peace, Rev. Dr. Rob Joy

[Reply](#)



krugthethinker

Mar 26, 2020 @ 16:40:44

Hi, Dr. Joy, and thank you for your beautiful message. Yes, absolutely, you may share it! To God be the glory. Thank you so much for praying with me. And thank you for your encouragement! I will keep writing. Working now on an Easter reflection that will be up during Holy Week! And probably some more prayers before then.

[Reply](#)



Kevin

Mar 27, 2020 @ 06:21:20

Hi Cameron,

As others have said, THANK YOU for letting your heart fill the pages with this prayer. It has truly been a wonderful reminder that most of us have have lots and lots of blessing that we

don't usually see. I'm the Program Director for a drug and alcohol treatment program in Maryland. After someone in my small group at church read your prayer to us, I decided to read it to my staff. Though they are not too spiritually based, they really appreciated it. Keep up the good work.

Kevin

[Reply](#)



krugthethinker

Mar 27, 2020 @ 08:22:48

Kevin, thank you so much for your beautiful message. I'm so glad to know that your group was encouraged. Thank you so much for praying with me!

[Reply](#)



Dad

Mar 27, 2020 @ 11:31:48

This is the most beautiful prayer I have ever read! I am just blown away by the tremendous worldwide responses you have received. I am so, so proud of you!

Love, Dad

[Reply](#)



krugthethinker

Mar 27, 2020 @ 16:49:11

Daddy, you are so sweet! Thank you so much for praying with me, and thank you and mom for teaching me to know the love of God.

[Reply](#)



Debbie Coutts

Mar 27, 2020 @ 21:32:01

Thank you for putting such a glorious prayer out into the world. I plan to use it in worship this Sunday at the Cathedral of the Rockies in Boise, Idaho. Blessings you to!

Rev. Debbie Coutts

[Reply](#)



krugthethinker

Mar 28, 2020 @ 16:48:54

Thank you, Debbie! That is wonderful to hear. My mom and I just visited Boise back in October and loved it! Thank you so much for praying with me.

[Reply](#)



Elise

Mar 29, 2020 @ 09:06:18

Dear Cameron, I first found your blog in 2013 when I was finishing my own PhD in English Literature but was feeling the academic tide ebbing. I was looking for sites about Russian literature (which I studied as an undergrad), and when I found yours I was so inspired. I read faithfully over the years, always wanting to reach out, because I recognized so many of my own spiritual yearnings, creative desires, and messy academic pursuits in your writing. I never reached out then because I was embarrassed for some reason. Your prayer is now posted on my home diocese's (Diocese of Pittsburgh) web page for spiritual resources amidst this crisis. Thank you for remaining open to the creativity of the Holy Spirit, as Pope Francis

has asked us to be. And thanks, too, from a loyal reader, who was buoyed by your hope and enthusiasm for many years.

[Reply](#)



krugthethinker

Mar 29, 2020 @ 21:21:27

Oh, my goodness, Elise, thank you so much for this beautiful comment! It brought tears to my eyes. I'm so glad to be connected to you and to know that I have a kindred spirit out there. If you have a blog or Instagram, please let me know so I can follow you there and get to know you better. I can tell just from this comment that you are a thoughtful writer and inspired person. In these dark days, a word of encouragement means so much to me. Thank you, thank you so much for writing to me and sharing your heart. And thank you for praying with me!

[Reply](#)



Elise

Mar 30, 2020 @ 17:40:29

Thank you, Cameron, for this generous response. Here's a piece I wrote in the fall: <https://imagejournal.org/2019/09/25/handed-over/>. I kept a private blog very sporadically, and the last entry was in 2016 (yikes!), but if you are interested in reading it, you can reach me at elonichryan [at] gmail [dot] com. Please feel free to be in touch. I'd love to share other work, and I'll look forward to more of your writing here!

[Reply](#)



krugthethinker

Mar 31, 2020 @ 07:46:55

Image Journal! That's amazing! I just read it this morning, and it's beautiful. I'd love to read more! I will definitely email you. Thank you so much for reaching out, Elise. I'm ever more grateful for human connection in these dark days.

[Reply](#)



Phil Lundquist

Mar 30, 2020 @ 18:18:20

Beautiful prayer... Amen and Amen!

[Reply](#)



krugthethinker

Mar 31, 2020 @ 07:48:56

Thank you so much for praying with me!

[Reply](#)



Rev. Bette Marie Thompson

Mar 31, 2020 @ 00:12:04

Dear Cameron,

I just discovered your sight this morning. You put words together so beautifully. What a treasure trove!! I am a pastor in central, rural Indiana. This pandemic is reaching into our community. Into the church I lead. I am a contemplative in my spirit. I love these words and will continue to explore the prayers you have written. May I also use this prayer in my April newsletter? I will give you full credit. Blessings and peace to you. You have such a gift!!

[Reply](#)**krugthethinker**

Mar 31, 2020 @ 07:50:07

Hi, Bette, I'm so happy to hear from you. Yes, absolutely, you may use the prayer any way you see fit! Praying for you and your congregation in these dark times. Thank you for praying with me!

[Reply](#)**Kem Opperman-Torres**

Mar 31, 2020 @ 09:00:04

Dear Cameron,

Thank you for your lovely prayer! My school, The Academy of the Sacred Heart in New Orleans, sent it out in a newsletter a few weeks ago. I have since shared it with my family and my husband has shared it with everyone he works with. Your prayer is on our kitchen counter and I pray it every day. Thank you for sharing this prayer with so many of us. It keeps me focused on what matters and reminds me of how blessed I am.

Thank you for helping me to be a better person,

Kem

[Reply](#)**krugthethinker**

Mar 31, 2020 @ 16:20:57

Kem, your message brought tears to my eyes. Thank you so much for reminding me that although we are more isolated than we have ever been, there is ever more that binds our hearts together. I'm truly humbled. Thank you so much for praying with me.

[Reply](#)**Amanda Sefcik**

Apr 05, 2020 @ 07:37:57

Thank you for sharing this prayer with so many of us. It keeps me focused on what matters and reminds me of how blessed I am.♥

[Reply](#)**krugthethinker**

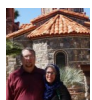
Apr 05, 2020 @ 17:42:40

Thank you so much for praying with me!

[Reply](#)**CMH**

Apr 06, 2020 @ 13:27:34

I just sent a message to your Facebook blog and page. I would welcome a reply either directly to my message or to my e-mail. Thank you!

[Reply](#)**Steve**

Apr 21, 2020 @ 11:15:53

We use this prayer to open our time of group prayer. It is very helpful during this time. Thank you so much.

[Reply](#)



krugthethinker

Apr 21, 2020 @ 22:11:31

Oh, I'm so glad to hear that! Thank you so much for your message and for praying with me.

[Reply](#)

Coronavirus resources - Maryknoll Lay Missioners

May 05, 2020 @ 12:11:58

[...] Prayer for a Pandemic (Cameron Bellm) [...]

[Reply](#)



Judi

May 06, 2020 @ 16:55:56

Thank you for this beautiful prayer, Cameron. My Lutheran church has begun to share prayer requests by email each week, and I would like your permission to include the prayer on the list to be sent out tomorrow. I find it helpful to include prayers with the list of those in need of prayer.

[Reply](#)



krugthethinker

May 06, 2020 @ 21:52:23

Hi, Judi! Yes, absolutely, you may include the prayer. I'm so glad to be connected to you and your community. Thank you for praying with me!

[Reply](#)



Cathy Laufer

May 07, 2020 @ 19:52:30

Hi Cameron

I'm an Anglican (Episcopalian) priest in a small beachside town in Queensland Australia. I found your prayer on the World Council of Churches website and emailed it to our parishioners, now meeting each Sunday via Zoom. Then I found this site. Thank you for sharing your prayer and being so generous in letting it be shared around the world. Every blessing to you and your family. Cathy

[Reply](#)



krugthethinker

May 08, 2020 @ 06:52:04

Thank you so much for your warm message, Cathy! I'm so happy to meet you. Many blessings to you and your community!

[Reply](#)



Lydia Boyd

May 08, 2020 @ 04:07:50

This was certainly God inspired. What an amazing Woman of God you are. God Bless you and your family. Thank you so much.

[Reply](#)**krugthethinker**

May 08, 2020 @ 06:51:22

Thank you so much, Lydia! God bless you too.

[Reply](#)

Prayer for a Pandemic by Cameron Bellm - St. Anthony of Padua Church

May 14, 2020 @ 09:23:20

[...] Prayer for a Pandemic [...]

[Reply](#)**Adrian Tuckwell**

May 18, 2020 @ 00:14:14

This is beautiful Cameron.

I am a priest in the North East of England and have been using this prayer in my ministry and passed it on to others so it is being used across the region now. I am delighted to have finally found the author. Thank you for inspiring and uplifting so many.

[Reply](#)**krugthethinker**

May 18, 2020 @ 07:58:39

Oh, how wonderful! Thank you for letting me know, and thank you for praying with me!

[Reply](#)**Rev. Ginny Viner**

May 21, 2020 @ 10:49:33

Dear Cameron greetings from The Garden Route town of Sedgefield in South Africa. I just love your poetical remarks about how happy Jesus may be that he is being set free from the confines of the church buildings , it's really special. I would really like to reproduce it and share it in our daily church (lockdown) newsletter please , with your permission. You have a rare gift , thanks.

[Reply](#)**krugthethinker**

May 21, 2020 @ 18:09:01

Hi, Rev. Viner, and thank you for your message! Yes, you may share it in your newsletter! Now that it's been published in my ebook, the publisher would like the copyright information to be included when it is reprinted. Thank you so much, to you and your community, for praying with me!

[Reply](#)**TIMOTHY YAU**

Jun 03, 2020 @ 08:04:17

Love this prayer.

May we print it in our parish magazine?

Thank you for your creativity and soul.

Reply



krugthethinker

Jun 03, 2020 @ 12:18:18

Hi, Timothy, thank you for your comment! This poem has now been published in my ebook, A Consoling Embrace, published by Twenty-Third Publications. You are welcome to reprint it as long as you include the copyright information. Here is the link to the book. Thank you!

<https://bayardfaithresources.com/products/a-consoling-embrace-prayers-for-a-time-of-pandemic-for-individual-use-only>

Reply

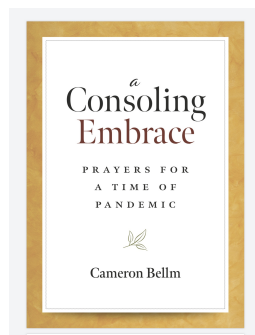
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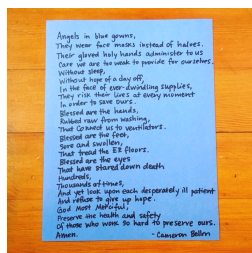
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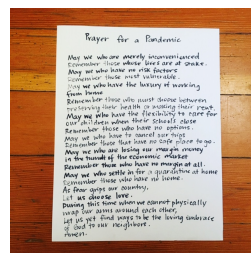
A Consoling Embrace



A Guide to Praying through the News



Angels in Blue Gowns



Prayer for a Pandemic



Advent with St. Oscar Romero

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