

# "Out of an Abundance of Caution": A Prayer Amid a Pandemic



Out of an abundance of caution, I'm staying home.

Out of an abundance of caution, I'm washing my hands for at least 20 seconds, sometimes singing the ABCs, sometimes singing the itsy-bitsy spider, and sometimes saying a prayer.

Out of an abundance of caution, I am telling people how much I love them every day, sometimes multiple times a day. I can get annoying.

Out of an abundance of caution, I am waving frantically to the stranger across the street while I am out for my walk, making eye-contact, smiling and saying hello.

Out of an abundance of caution, I am not using the expression “social distancing.” Physical distancing, yes; social distancing, no way.