

The Power of One

Life changes in the blink of an eye. One day we are making plans, and the next we fear something that we cannot see, feel, touch, taste or smell. We are psychologically, physically, emotionally and perhaps even financially controlled by this intangible enemy. Our senses are heightened due to all of the information, both true and false, with which we are bombarded. We fear the unknown. But, as President Franklin D. Roosevelt declared during the Great Depression, “The only thing we have to fear is fear itself.”

Now, yes, we are a spoiled society. We do not like to be restricted, as we are lawfully entitled the right and freedom to do as we want, when we want. Freedom, however, is not free. We need to remember the generations of men and women who have stood for our freedom and honor their sacrifices. We need to stop and listen to our leaders, their teams dedicated to our public health, and to our hardworking local officials. We need to follow the guidance of our healthcare professionals and first responders who are committed to killing this silent invader.

Every day, the media asks the same questions, and it receives direct yet difficult answers. However, the media appears to dwell upon the negatives and the wrongdoing during this time of crisis. Remember that we are, at base, a humane society that does not want anyone to experience pain, suffering or the loss of a loved one. The media needs to understand that it is vital to report the truth and facts regarding this illness. All together, we are on a journey unlike any other that has been faced in our lifetime.

We ask, “What can I do? I am only one.” Believe in yourself. As President John F. Kennedy stated, “One person can make a difference and everyone should try.” Trust that you have the intellectual, emotional and spiritual strength to make a difference. We are not responsible for the Coronavirus, but we are responsible for the cure. This enemy does not attack any specific gender, race, creed, or socioeconomic type. It can attack anyone. Listen to and follow the very clear and simple COVID-19 guidelines established. If every individual stands up and takes ownership of this problem, then one equals the sum of us. What a powerful difference that number one can make!

We want to stop this silent enemy and help our fellow humans by being part of the solution, not the problem. Then, and only then, will our lives return to normal. Give thanks to all of those who seek to help, particularly those fighting on the frontlines of this disease. Give support to all who suffer and experience loss in this battle. Believe in the unity of our society. Believe in yourself and the power of one!

Our days will become easier as we follow the official guidance and new routines. Take the time to read for pleasure, listen to music, watch a movie or call someone who is home alone. Engage in a family dinner and discuss the books you are reading. As President Ronald Reagan advised, “Live simply, love generously, care deeply, speak kindly, leave the rest to God.”

*My wish for you is to recognize what we can do, and not to dwell upon what we cannot do.
Remember that you have the choice to see your glass as either half full or half empty.
Know that I am here for you, always, and ready for a chat.*

George E. Gercken