

## Dr. Tarpley – References and Pandemic Prayer

Four recommended resources from tarp, plus a prayer for this COVID era.

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Feel free to email me.

1. **Re + ligio:** Presidential address by Andrew Sims at the Royal College of Psychiatrists England  
Sims, Andrew. " 'Psyche'-spirit as well as mind?" *British J Psychiatry* 165:441-446, 1994.
2. **Framing (+ GRIT):** Presidential address at the Society for Surgery of the Alimentary Tract by Selwyn Vickers and his daughter. He is the Dean of the UAB med school and the CEO of UAB Med Ctr currently.  
Vickers SM, Vickers AL. Lessons Learned from Mentors and Heroes on Leadership and Surgical Resilience. *J Gastroint Surg* 21:1-11, 2017.
3. **Joy and Framing ii:**  
*The Book of Joy – Lasting Happiness in a Changing World.*  
Dalai Lama and Desmond Tutu with Douglas Abrams.  
Avery, New York. 2016
4. **Relationships:**  
**HEALTH & MEDICINE** "Good genes are nice, but joy is better.  
The Harvard Gazette. Liz Mineo. April 11, 2017  
Robert Waldinger. "What Makes a Good Life? Lessons from the Longest Study on Happiness"  
<https://news.harvard.edu/gazette/story/2017/04/over-nearly-80-years-harvard-study-has-been-showing-how-to-live-a-healthy-and-happy-life/>

## **Prayer For A Pandemic**

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 school closes  
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 find ways to be the loving embrace of God to our neighbors.

Amen.

Anonymous