

Staying Home

BLOGS, BULLETINS, BASES AND WEBSITES

A COVID selection, December 2020



[Insted Consultancy](#)

MINDS, HEARTS, BODIES, SPIRITS

It was in March 2020 that COVID shutdowns and lockdowns began all over the world.

'And the people stayed home,' wrote Kitty O'Meara in a prose-poem that became widely known and loved.

And, she continued, people 'read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still.'

'And listened more deeply.'

'Some meditated, some prayed, some danced.'

'... And, in the absence of people living in ignorant, dangerous, mindless and heartless ways, the earth began to heal.'

This paper lists 32 websites that between them sketch out what Kitty O'Meara may have had in mind.

Each item in the following list has four components: 1) the website's title, underlined in blue and containing a hyperlink 2) a strapline-type phrase in red italics 3) a quotation 4) an image.

Kitty O'Meara's poem ***In The Time Of Pandemic*** may be read with a range of attractive musical and pictorial settings at

<https://the-daily-round.com/2020/03/30/gifts/>

1) [Alana Levandoski](#) — *music for spiritual seekers*

"... The family has a practice of chant and Celtic prayers in the morning as well as a sacred schedule adapted for family life based on the Benedictine rhythm. Life is still real, it's still hard. But rhythm is a helpful co-creator."



2) [Benedictus Contemplative](#) — *connecting in COVID times*

"Too often we react to pressure and the distractions of life, our perception distorted by fear, anxiety and projection ... A contemplative response is sourced from a deeper place, from the still centre that sustains all authentic living."



3) [Beyond the Fields](#) — *wanderings in wild places*



"Writing, politics, spirituality, climate change, movies, knitting, writing, books, refinishing furniture, getting off the grid, writing, plotting and planning an organic garden, writing."

4) [Brain Pickings](#) — *inventory of the meaningful life*



"One-woman labour of love exploring what it means to live a decent, substantive, rewarding life ... a record of my own becoming as a person — intellectually, creatively, spiritually, poetically — drawn from my extended marginalia across literature, science, art, philosophy..."

5) [Center for Action and Contemplation](#) – ***new ways***



“As you listen, watch or read along, our hope is that you will open your heart, mind and body to new ways of thinking and being. Sometimes you may feel as if you’re rediscovering something you already knew to be true. Sometimes you may feel uncomfortable or confused.”

6) [Center for Christogenesis](#) – ***love at the centre of all***



“The mounting crises of our time—Covid-19, global inequality, rampant injustice, an accelerating climate emergency—show that we are exhausting our capacity to centre our lives in the radiating power of God ... We need to discover the vast inner layers of the human person, to heal our world, save our planet, and bring justice to all.”

7) [Corrymeela Community](#) – ***prayers in time of pandemic***

“ God of hope-filled trials, God of a cautious release: as we begin to imagine good news arising from the measured process of labs and computers, of heroes and scientists, of incomplete successes and instructive failures, may we allow ourselves a sigh of relief, but one that draws in more strengths so that a winter of waiting may bring a spring of renewal. Amen”



8) [Deepak Chopra](#) – ***new levels of awareness***

“... How to wake up to new levels of awareness that will ultimately cultivate a clear vision, heal suffering in your mind and body, and help recover who you really are ... and allow you to live in a state of open, free, creative and blissful awareness twenty-four hours a day.”



9) [Echoes of Panhala](#) – *poems to make the day brighter*

“The world is not a courtroom, there is no judge, no jury, no plaintiff. This is a caravan, filled with eccentric beings telling wondrous stories about God.”

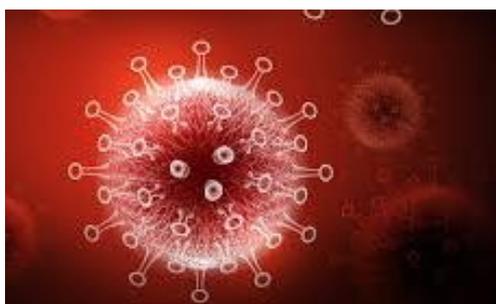


10) [Fetzer Institute](#) – *courageous compassion, bold love*

“... The possibility of a loving world, a world where we understand we are all part of one human family and know our lives have purpose, everyone committed to courageous compassion and bold love—powerful forces for good in the face of fear, anger, division and despair.”

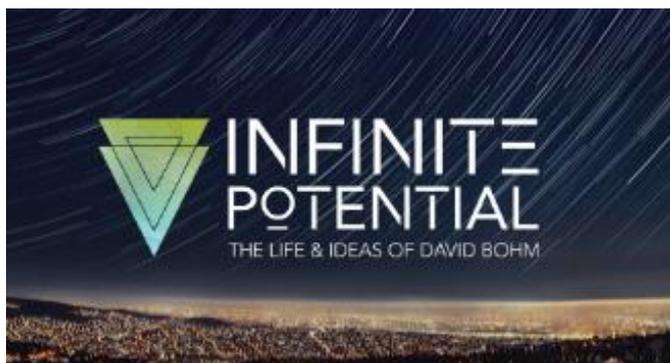


11) [In a Spacious Place](#) – *a COVID diary*



“As I sit with all this discomfort and unknowing I realise that, in truth, the situation we face today is only a somewhat more dramatic form of the reality in which we always live. The difference is that most of the time I am able to comfort myself with the fragile illusion that I am in control and that I really know what is going on...”

12) [Infinite Potential](#) – *the energy of spirit*



“The essential quality of the infinite is its subtlety, its intangibility. This quality is conveyed in the word spirit, whose root meaning is ‘wind or breath.’ That which is truly alive is the energy of spirit, and this is never born and never dies.”

13) [Living Spirit](#) – *resources for spiritual journeys*



“We live in times of great change affecting all our institutions, including religious ones, and different forms of spirituality are growing around the world ... At the interface between traditional Christian faith and practice and newly emerging expressions of spirituality ... ”

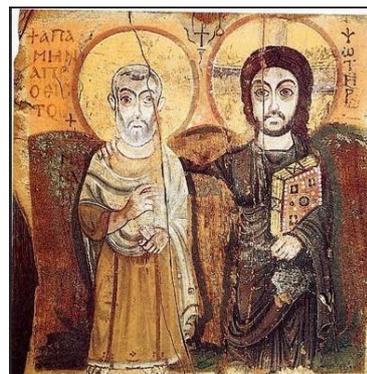
14) [On Being](#) – *hold, love and live the questions*



“I think it’s important to acknowledge the pain and dismay and distress and despair that just following the news causes ... For me, one way I stay grounded is by limiting my exposure to what I’m taking in. I don’t think we are actually equipped, even physiologically or mentally, to be delivered catastrophic and confusing news and pictures, 24/7. ”

15) [Oxford Centre for Spiritual Growth](#) – *reflective practice*

“... A variety of approaches and events that will appeal to a wide range of people, encouraging growth in reflective practice and heightened awareness of God, others and themselves. Our iconic image shows Christ (on the right) with a friendly hand on the shoulder of Abbot Mena. It comes from an 8th Century painting on wood, found at the remains of a monastery in central Egypt.”



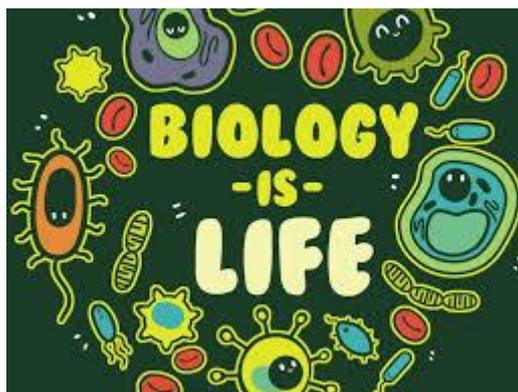
16) [Plum Village](#) – *sharings from the heart*

“Even in difficult situations with such deep suffering, he still raised his voice for people. He could still recognise the wonders of life and inspire people to make a difference ... By living every moment deeply, you can see the joys of life. And being in nature can help you heal your wounds, your suffering.”



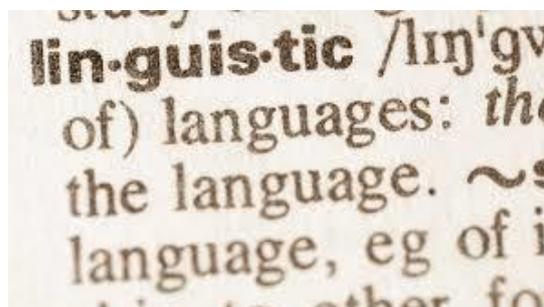
17) [Rambling Rector \(Retired\)](#) — ***an explorer explores***

"... A background of 30 years teaching anatomy and embryology, 40 years as a church musician, and 13 years in Holy Orders ... looks at theology through biological lenses. We are creatures of this earth, mammals – apes. Many rambles are conversations between biology and theology. Theology has to fit with biology, and not the other way round. If they don't agree, theology must be modified or ditched."



18) [Rami Shapiro](#) — ***your understanding of life***

"Religions are like languages: no language is true or false; all languages are of human origin; each language reflects and shapes the civilisation that speaks it; there are things you can say in one language that you cannot say or say as well in another; and the more languages you speak, the more nuanced your understanding of life becomes."

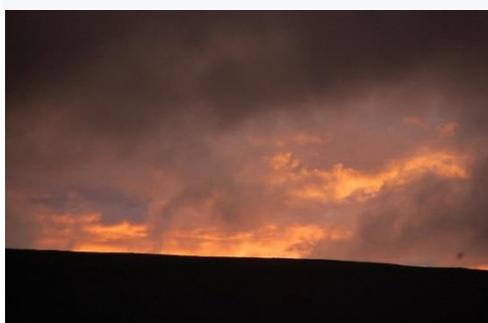


19) [Sanctuary First](#) — ***a place to be***



"A vibrant, openhearted worshipping community, we are passionate about exploring new ways for people to connect with God, spirituality, and one another. In a busy, overwhelming digital world ... are excited to explore creative ways of using the internet to wrestle with our faith — to learn, celebrate, and find solace."

20) [See, Love, Be](#) — ***living the mindful life***



"Aimed at people who have done some mindfulness and want to explore how to bring a mindful approach to the whole of life. We explore spirituality in its widest sense with no fixed agenda and valuing the insights and applications of participants from different faiths and philosophies."

21) [Spiritual Journeys](#) – *ancient wisdom, modern mission*



“Why do spiritual seekers find the saints so fascinating? Have you read the myths and legends associated with them and wonder why they are written like that, complete with heroic deeds, tragic death and amazing miracles? What has all that got to do with modern Christianity?”

22) [Spirituality and Practice](#) – *in the coronavirus pandemic*

“We need spiritual practices to lessen the impact of fear and uncertainty. These practices are not intended to sugarcoat or minimise the very real dangers of this global health emergency. But they can help us deal with the associated stress, accept what we cannot change, and build up our resilience.”



23) [Tara Brach](#) – *radical compassion*

“We all get lost in the dense forest of our lives, entangled in incessant worry and planning, in judgments of others, and in our busy striving to meet demands and solve problems. When we’re caught in that thicket, it’s easy to lose sight of what matters most. We forget how much we long to be kind and openhearted. We forget our ties to this sacred earth and to all living beings. And in a deep way, we forget who we are.”



24) [The Daily Round](#) – *living from the spirit level*

“Honour your talents and set aside judgement. Use your gifts. Surrender. Let go. Heal yourself, then others, then yourself again. Forgive. Ask for guidance. Listen. Listen. Listen. Stay awake. Mind the Spirit’s slaps-upside-the-head. Love without stopping.”



25) [Threshold Society](#) — **tradition of enlightenment**

"Sufism is less a doctrine or a belief system than an experience and way of life. It is a tradition of enlightenment that carries the essential truth forward through time. Tradition, however, must be conceived in a vital and dynamic sense. Its expression must not remain limited to the religious and cultural forms of the past. The truth of Sufism requires reformulation and fresh expression in every age."



26) [Tikkun](#) — **awe and radical amazement**

" ... Uplifts Jewish, interfaith and secular prophetic voices of hope that contribute to universal liberation. A catalyst for long-term social change we empower people and communities to heal the world by embracing revolutionary love, compassion and empathy. We promote a caring society that protects the life support system of the planet and celebrates the earth and the universe with awe and radical amazement."

revolution

27) [This Body](#) — **the sensation of life**

"I want you to enjoy your life. I want you to enjoy being alive. Life is full of beautiful and interesting things, and people, and places. There's far more here than you can ever possibly experience. Follow your curiosity. Let it be your guide. Do not worry about making mistakes... There is nothing to prove to me."



28) [William Bloom](#) — **spiritual health and happiness**



"Waves and cycles of human history come and go. There have been many plagues and demagogues. They pass. Calm compassionate equanimity radiates. It can balance, stabilise and heal the suffering, distress and anxiety of our times. Humanity's destiny is to be loving, conscious and connected."

29) [Wisdom Way of Knowing](#) – **centering prayer**

“What in a former age was the rare attainment of a saint is in the age at hand the new baseline for a conscious human being and a prerequisite for playing our part in the great unfolding soon to be under way as the kaleidoscope turns yet one more time and our world converges toward its Omega Point, the fullness of love. ”



30) [Wisdom's Work](#) – **real human transformation**

“We may ... have neglected working on a foundation of self-generated compassion. And this may subtly, if not imperceptibly, reduce our actual capacity to love others ... May this practice, then, be a permanent aspect of our inner work, and may we return to it again and again in order to keep a channel of self-forgiveness open and flowing.”



31) [World Council for Christian Meditation](#) – **time of crisis**

“Meditation will not instantly solve all problems. But it changes how we view and deal with the challenges we face. It helps us to set our troubled minds at rest and to find the authentic, interior peace that stabilises us when we are in turmoil.



“For many who have a spiritual path and practice, this crisis is a call to deepen it. For those who never had time to develop a path before, this is the opportunity. The immediate need is to reduce fear and anxiety and – even in a time of social isolation – to discover a sense of connection with others.”

32) [Worldview Journeys](#) – *our corona-ridden world*

“In our current post-truth, corona-ridden, climate-battered, and profoundly polarised world, our worldviews seem to be more in turmoil than ever before. People are fighting ~ online and offline ~ about what’s true, what’s important, and how to move forward. It seems hard to agree on anything these days.”



Acknowledgements and background

Debts of gratitude are owed to the many friends, contacts and colleagues who between them drew attention to the 32 organisations and websites listed in this paper, and recommended them.

If you would like to suggest additions, improvements or changes, please send a message to Robin Richardson at robin@insted.co.uk.

Every quotation in this list is from material on the website of the organisation concerned, and most are from the site’s home page or ‘About Us’ page. A few have been slightly edited in order to standardise conventions of spelling and punctuation, or for clarity out of context.

Most but not all of the thumbnail images are from the organisations’ websites.

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