
Covid Chronicles @ Messiah

4-30-2020

Disaster Reflection

Irene Lee

Follow this and additional works at: <https://mosaic.messiah.edu/covid>

Permanent URL: <https://mosaic.messiah.edu/covid/15>

Sharpening Intellect | Deepening Christian Faith | Inspiring Action

Messiah University is a Christian university of the liberal and applied arts and sciences. Our mission is to educate men and women toward maturity of intellect, character and Christian faith in preparation for lives of service, leadership and reconciliation in church and society.

Disaster Reflection

It's quite a time right now, isn't it? We, as a collective society, have not dealt with this kind of pandemic, so we're feeling all kinds of emotions – fear, anxiety, helplessness. The COVID-19 crisis has affected me physiologically, mentally, socially, and spiritually. I am hyper aware of where I put my body in public. I have less contact with public objects like park benches and shopping carts. I wash my hands a lot more. It's been quite the adjustment living back at home with my family and doing school work around them. I feel like I don't have as much personal space, but I have gradually overcome that frustrated feeling as I bonded more with my loved ones. Because of the way I look, I have been a victim to multiple racist comments at my school and in the public. My family has also dealt with outright racist remarks in public either while we're walking around the lake or shopping around in the grocery stores. This pandemic has exacerbated racism and its fear-mongering tactics of hatred against Asian-Americans and Asians all over the world. Also, it has disproportionately affected communities of color in this country in ways that some people don't care to recognize. Our country needs to come together and do our part in flattening this curve – by staying home, social distancing, washing hands crazily – not by protesting for the freedom to get a haircut. I believe that the proclaimed idea of our individualism has been hurting the common good.

I'm coping through keeping in touch with some friends, spending lots of time with family, and trusting in Jesus. My family and I read the Bible every night to sober our day's work and remember that God is faithful and in control of our lives. This has been a consistent liturgy that has gotten me through some of the toughest parts of my life that this virus has helped bring.

I'm processing this situation one day at a time. I'm not burdening myself about the future and just focusing on the present. By taking it day-by-day, I am allowing myself grace and peace because Jesus has my back amidst all the uncertainties. The strength and resilience that I've been built with, by Jesus, is what is getting me through this, not by my own strength.

When this situation is over, I hope our country tries to take more better care of vulnerable populations. This includes communities of color who are systematically oppressed by America's racist system. I hope to live my life more aware of my surroundings, the earth's natural environment, and where we allocate different resources such as time and money to different sectors of our government, economy, military, food industry, and public services. I hope to continue junior year of nursing school where we will be able to achieve hands-on clinical experience.

This situation has not let us return to our college campuses; however, this situation has made us become more grateful for the clinical hands-on experiences and face-to-face contact. This experience has made me become more conscientious of what a nurse's role is – whether that be educating patients to wash their hands appropriately, caring for the sick while endangering your own health, and fighting for the common good. This pandemic has enhanced my humanity in putting down my own needs so that I can lift someone else's. As a future nurse, I hope that I can give that kind of Jesus-like care to my patients.