

# Solidarity, Kindness and Joy Amidst the Pandemic

## Highlighted Virtues

**Empathy:** trying to understand another person's situation, entering into the feeling or spirit of others and imagining yourself in another person's situation

**Generosity:** giving freely of our own possessions, time and/or talent

**Kindness:** caring for others and living it out by helping others and coming into union with others. A caring person lives with empathy in trying to understand another person's position, compassion in desiring to help others and generosity in giving of ourselves and taking action to help others.

**Gratitude:** being thankful; appreciating the kindness and all good things that other people, organizations and our communities have given to us

**Solidarity:** unity from a shared common purpose and / or interest; active loyalty within a group; mutual support within a group; being present with others

**Creativity:** the ability to think of new ideas; to come up with new approaches for accomplishing a goal or solving a problem

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