

## News of the day

Please take a deep breath and close your eyes. No, this is not a yoga class. It's been a hard few weeks full of shootings, thousands of words uttered by pundits, politicians, experts, clergy all trying to explain what cant be explained. People are dying all over the globe in villages, cities, towns and states. Has it happened where you live? If so, you know how to grieve. So please understand that the rest of us have seen you shocked, in tears, disbelieving as we watch you on the TV and try our best to feel what you're

feeling . So we'll step back from the death in your town to the previous mass death in another town. And a numbness spreads over us. We look at our children, spouses through a fog of unreality and almost glad it didn't happen in our town. It's the violence of a bullet or a car hurtling itself toward death. And we are afraid.