

# Good But Not Religious (GBNR)

JUNE 2020 - A monthly update on Keith Martin's work as a nonreligious chaplain and educator online

**Responses to Keith Martin retiring from campus work at U. of Waterloo & U. of Guelph**

See <http://www.goodbutnotreligious.ca/chaplain.php>, bottom of the page.

**COVID-19:** A new page has been added to [www.GoodButNotReligious.ca](http://www.GoodButNotReligious.ca). Go to the page to access the links.

## Cancer & COVID-19 Responding to sickness and death on our doorstep

Part of being and doing good is having a good response to tragedy and death. Religious voices often talk about God's presence and the comfort of heaven when tragedy strikes. But what if you do not see evidence to believe in either of these, at least not literally? How do you handle sickness, death and dying? Here are some nonreligious resources for responding to illnesses and diseases like cancer and COVID-19:

### **A nontheistic prayer in the face of tragedy and death**

From *Another Breath: Prayers for Celebration and Reflection* by Gretta Vosper

#### **"The Earth is my Mother"**

A nonreligious alternative to Psalm 23 ("The Lord is my shepherd")  
(Can be read to a nonreligious friend or family member who is dying)

#### **"I Go to Take My Place"**

A nonreligious alternative to John 14 ("Let not your heart be troubled")  
(Can be read as parting words from a nonreligious friend or family member who is dying)

**A Facebook post by Liam Neeson**, on losing someone you love

**A Facebook post by Christopher Walken**, on facing loss

#### **"Oh My Love" by The Small Glories**

A song about losing your dearest love

[Lyrics to "Oh My Love" by The Small Glories](#)

#### **Keith Martin's Tribute to his wife Jenny**

Jenny died of stage 4 ovarian cancer August 8, 2019. A Celebration of Life was held on September 14.

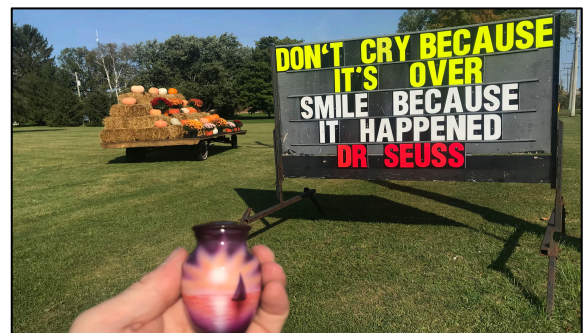
#### **Words of wisdom about COVID-19 that Bill Gates did NOT write**

Words of wisdom falsely attributed to Bill Gates that are still worth considering

Some resources on the [Resources for Being and Doing Good](#) page can help in a time of crisis as well as normalcy, such as:

**Psychology and the Good Life**, a course taught at Yale University covering 10 insights on finding happiness. Included are: Make time for social connections, Importance of helping others, Make time for gratitude, Healthy practices like exercise and sleep matter more than you think, Take time to be in the present moment, and Become wealthy in time, not money.

**12 Rules for Life**, especially the comparison between 12 Rules for Life by Jordan Peterson and what Keith Martin would include in his own list. Many of these can help in a time of anxiety and pain.



A more realistic quote after someone you love dies might be, "Don't just cry because it's over. Be incredibly grateful that it (your relationship and the person's life) happened."

[www.GoodButNotReligious.ca](http://www.GoodButNotReligious.ca)

*Resources for Being and Doing Good*