Hi Everyone,

I recently went back and read Virginia Woolf's novel *Orlando.* A chief characteristic of the title character is her remarkable ability to transform herself into a different gender without losing her core identity. In a time when much of my interaction with people is through a blurry webcam or behind a hospital mask, I have been reflecting upon the notion of maintaining one's self in the midst of and despite extreme transformation. For me, this has involved some deep personal work on imposter syndrome, and I recently shared my reflections on this subject in my previous **A Note From the Humanist Chaplain**.

In a time when much of our identity is obtained through the internet, when we and our loved ones are forced to drink a bitter cup of loneliness, we are all working hard to keep our humanity in the face of changed and challenging circumstances. A practice that has helped me with this is to cultivate imposter resilience. An imposter is someone who feels like an outsider or an impostor. It's possible to be imposter resilient and not imposter-ridden. An imposter resilient person takes originality and uniqueness as a sign of being true to one's self. An imposter-ridden person sees their originality and uniqueness as a cause of being an impostor. As a humanist chaplain, I want to support those who are finding it challenging to maintain their humanity in the face of our current circumstances. My role is not to provide solutions to these problems, but to provide tools and resources that can help people navigate them.

People have been reaching out to me, sharing their struggles and seeking help. This is a crucial time for community and connection. In a world where we can no longer see each other in person, it is more important than ever to come together virtually. Our archivists have been working to develop a community documentation project. Creating documentation of this historic moment not only provides firsthand accounts of life during a pandemic but can also serve as an emotional outlet for the people living through it. To that end, we invite you to join us in our virtual events and contribute your own stories to our archives.

Music is a powerful tool for connecting people and reminding us of our shared humanity. In this moment, I want to share some of the songs that have been a source of comfort and inspiration for me. One of the songs that I have been hearing a lot is *The Bridge* by Chris Cornell. In the lyrics, Cornell sings about the idea of bridging the gap between human beings. He says, "We don't need no more bridges to connect, we just need to understand one another." This sentiment resonates deeply with me as we navigate these challenging times.

In addition to music, I have also been thinking about the importance of nature and the outdoors. As a humanist chaplain, I want to support people in finding ways to connect with the natural world and the community we come together so that we might be truly present to one another and to ourselves, in all our beauty and complexity.

Thank you for being a part of our community. Together, we can find strength in the love of God made manifest in the Cross of Christ. As a humanist chaplain, I am here to provide support and resources for those who are struggling during this time. I hope that you find something in these words that resonates with you and that you will reach out to me if you need anything.

Yours in humanism,

Walker Bristol, Humanist Chaplain