



*“There is something in the human spirit that will survive and prevail, there is a tiny and brilliant light burning in the heart of man that will not go out no matter how dark the world becomes.” Leo Tolstoy*

On Memorial Day traditionally we honor those who gave their lives in military service. We still owe them our gratitude and respect, certainly. However, in this time we also have learned to honor a new group of heroes – those health care workers, first responders, store clerks, bus drivers, grocery store shoppers, and all those other essential workers who keep us safe, healthy, and provided for.

Every day, they make the decision to leave the safety of their homes and do their jobs, despite the risk to their own health and indeed to their lives. Many have died from infection received in the course of their work, and others have been sick

but fortunately have recovered. When they go home, they worry they are endangering their family by bringing the virus in.

One Detroit doctor who came out of retirement to serve in an ER said “this could be the last thing I do on earth, but I felt very strongly about it. I go back to an interview I heard with an army officer who survived the Battle of Mogadishu in the 1990’s. He said one of his men came to him and this guy said, “I’m afraid.” He said back, “It’s not a matter of whether you have fear or not; it’s what you do with it.” The doctor said he had fear, but he was going to work anyway because the city needed his help.

*What elements of character do you think enable these men and women to do what they do? What makes a hero?*

*What does their example lead you to examine in your own life, if anything?*

*If you were to ask the young people in your life who their heroes are, who do you think they would identify? Why?*

*Who are your heroes, and why? Think of 3 people you identify as a hero, and share why you selected them.*