The Zen of Handwashing

It was then I experienced the Zen of hand washing: a refuge of calm in the midst of chaos.

The first few lines of *Amazing Grace* take about 15 seconds to sing [to yourself.] *The 59th Street Bridge Song (Feeling Groovy)* opens with particularly appropriate lyrics (slow down, you move too fast), and it takes about 15 seconds to sing through the first feeling groovy.

- Jean A. Proehl, RN

OnE HaNd WaSh Da OtHeR BoTh WaSh Da FaCe

- MC Killa Sha

Water flows over these hands.
May I use them skillfully
To preserve our precious planet.

- Thich Nhat Hanh

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