

Dia daoibh, OLS Coiste Gaeilge anseo,

During these weeks we all rely on one another. Be it from our friends family and those working to keep us all safe. Each of us has a role in being there for one another checking in with friends and family to navigate our way through the isolation and loneliness that can be felt during lockdown. There is hope and light found in these small acts as we demonstrate love and kindness. A seanfhocal we believe best represents this hope is:

**‘Ar scath a chéile a mhaireann daoine’**

This translates as ‘people survive with the support (or ‘shadow’) of each other’.

At the moment, the overwhelming stress of the situation can feel similar to a blazing sun in the sky; blinding and unbearable. Many people are feeling the consequences of this prolonged stress, but we are here to tell you that you do not need to endure it alone. There is one solace against a sweltering sun: and that is ‘shade’. In these uncertain times, we must stand together and be each other's support, each other's comfort, each other's ‘shade’.

This seanfhocal reminds us of the front line workers who are risking their own safety for ours, they have given us ‘shade’ to survive as they protect us at this time from Covid-19. ‘Not all heroes wear capes’.

Le linn na laethanta uaigneach seo, caithfimid cúnamh a thabhairt dá chéile. Tá siúl againn go bhfuil gach duine slán sábháilte. Ná déan dearmad: ‘Ar scath a chéile a mhaireann daoine’!

The background of the advertisement features a silhouette of two people on a rocky mountain peak. One person is standing on the peak, leaning forward to assist another person who is climbing up. The scene is set against a bright, golden sunset sky with long, horizontal light streaks. The entire image is framed by a thin black border with small square corner markers.

Ar scáth a chéile a  
mhaireann na daoine

- Is Irish for -

Under the shelter of each other,  
people survive

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