

Blessing for Health Care Staff

If you are weary, please sit for awhile

If you are sad, please let the tears flow

And let the Spirit gently wipe them away

If you are numb from the media onslaught

Please feel free to just sit in a quiet space

If you are breathless from checking vitals, rounding with patients, cleaning rooms, updating care plans

Please pause and breathe

Breathe in deep

Deep

Deep

Breathe in

And exhale

Breathe in

And exhale

S l o w l y

S l o w l y

Pause

And remember God calls you 'Beloved'

Please rest and care for your own souls

For we care for you

By Rev. Emily John Kellar