

### **BLESSING OF HANDS** (for Staff)

Blessed are these hands that embrace strangers with gentleness and patience, nurture and compassion.

Blessed are these hands that support and care for patients.

Blessed are these hands that are dry and chapped from frequent washing, cramped and clenched from stress.

Blessed are these hands that type notes, make phone calls, and provide care and support for patients.

Blessed are these hands that know suffering and healing.

Blessed are these hands that love, heal, and touch – not just the body but also the spirit.

Blessed are these hands that care for others outside of this unit and beyond this hospital, encouraging their own families and loved ones.

Blessed are these hands that are strong and sturdy, humble and human.

Blessed are these hands. Blessed are your hands. AMEN.

(By Rev. Hadley Kifner from book “Prayers & Blessings for Healthcare Workers; Adapted by Chaplain Donnel)

### **BLESSING FOR YOUR HANDS** (Nurses & Physicians)

Blessed are these hands that embrace strangers with gentleness and patience, nurture and compassion.

Blessed are these hands that clean after patients, titrate medicines, and offer ice chips.

Blessed are these hands that are dry and chapped from frequent washing, cramped and clenched from stress.

Blessed are these hands that pass on the tradition of nursing from one generation to the next – training, teaching & encouraging.

Blessed are these hands that type emails, return phone calls, complete LMS trainings online.

Blessed are these hands that know suffering and healing, death & recovery.

Blessed are these hands that love, heal, and touch – not just the body but also the spirit.

Blessed are these hands that care for others outside of this unit and beyond this hospital, encouraging their own families and loved ones.

Blessed are these hands that are strong and sturdy, humble and human.

Blessed are these hands. Blessed are your hands. AMEN.

(By Rev. Hadley Kifner; Adapted by Chaplain Donnel) (By Rev. Hadley Kifner from book “Prayers & Blessings for Healthcare Workers; Adapted by Chaplain Donnel)

### **INTRODUCTION**

In the hustle and bustle of our work days, sometimes it is hard to see and remember why we are doing what we are doing. This is especially true when we are worried, stressed, overwhelmed.

To have a clearer glimpse of our work’s meaning and purpose, it takes intentional effort to pause, and take a deep breathe, and connect with the Source of Life, and put our work in sacred perspective.

We bless hands, so we can affirm, validate and bear witness to the good of the work that you do in this place and beyond.

We bless hands so that we can shed light on how your deep gladness and the world’s deep hunger interconnect with each other.

(by Chaplain Donnel)

### **BLESSING OF HANDS**

You came to your calling, your vocation,  
with your heart in your hands;

Your heart triumphed and rejoiced.

Sustained and endured.

Your heart even broke –

But your hands did not.

Of all the tools you’ve ever owned,

These hands hold your spirit and wonder.

They are calloused and stained,

And they show time,

On them may you see the strength that remains.

You know your hands have held.

May these blessed hands be ever unbroken.

May you feel the many hands that reach out for you.

May you feel the Sacred Hands that cradle you.

And let there be a blessing on your hands.

(by Chaplain Laura Kuster)

### **BLESSING OF HANDS**

May your hands and the work that your hands do be truly blessed. And may you know that you are a blessing to others.