

A Blessing for Caregivers

(Rev. Kathy Bozutti-Jones)

Blessed are you,
who care for people:
You, helping professionals in education, social work, and activism.
You, healthcare providers and humanitarian aid workers,
People from all walks of life, in vital caretaking roles.

Blessed are you,
when you feel tired and depleted,
when your own health and wellbeing is at stake,
when the burden and overwhelm exceed your reserves
and affect your ability to be present at home or at work.

Blessed are you,
when you seek balance in your dedication to serving others,
when you navigate the stress to avoid burnout,
when you consider your own health and wellbeing,
when you ask for what you need,
when you advocate for yourself and
when you make some choices of sustainability and joy.

Blessed are you,
as you make time to recharge physically,
mentally and spiritually
so that you show up grounded and present,
rested and balanced,
to resume your life-giving work from a place of fullness.

May you know that you are loved.
May you know that you are blessed.
May you know that God is with you
in all of it. AMEN.

[From book: *Prayers & Blessings for Healthcare Workers*]

