

AS YOU LOVE THE ONLY WORLD WE HAVE (by Rev. Keith A. Menhinick)

Blessed be your feet,
going into places that others leave,
feeling tired but steady.
May they keep you standing.

Blessed be your hands,
rubbing backs, checking temps and time,
preparing food and medicine.
May they always find palms to hold.

Blessed be your breath,
moving behind the mask,
pumping life to all the limbs.
May it anchor you in this present moment.

Blessed be your eyes,
focusing above the mask, sometimes crying,
saying in the language beyond words-I see you.
May they show you more beauty.

Blessed be your mind,
that tackles problems, that imagines solutions,
that gets creative when there are none.
May it dream new dreams.

Blessed be your heart,
that risks its own pain by loving the fearful, the sick, the lonely,
the dying.
May it be brave and not afraid.

Blessed be your body, that cares for another, that moves in closer,
That grieves, laughs, comforts, and prays.
May it know purpose and rest.

May all the gentleness, courage, and compassion
that your one sacred body gives
all flow back to you
as you love the only world we have.