

Morning Meditation & Prayer

Let us breathe deeply, becoming centered and grounded in the present moment.
Let us open our awareness to the gift of our home - this green earth -
and notice the the life-sustaining air which we enjoy,
along with all of Earth's other creatures,
and continually exchanging with all that is green and growing.
May we open our hearts and minds to the wonder and mystery that is Life.

With gratitude may we commend ourselves and our service to our source of inspiration and reverence:
for some of us that may be God or our higher power,
and perhaps for others it may be our deep sacred values or our inner wisdom.

While being grounded on that which is Sacred - today & in the month of June -
may we awaken and connected to compassion to courage, and hope, loving kindness and inner peace,

May the moments today and in the month of June be filled with significance,
filled with meaning and purpose, especially as we prepare to take into our hands those we care for, looking forward to harvests of health and wholeness.

O Source of Life,
inspire us in the work of providing care and in creating an environment that enables healing for all those that we serve here at Kaseman.

Help us to be grounded in our commitment to heal others. Remind us of our commitment when frustration kicks in.

When our commitment slips and sags, help us find a rod and staff to uphold and support us.
May we be wise to find another path in life if our commitment evaporates.

Help us root ourselves into our unique sacred callings - whatever they may be -
the place where our deep gladness and the world's deep hunger meet.

Amen.