

## An Invitation to Breath & Mystery & Courage (by Rev. Ellen M. Swinford; Adapted by Chaplain Donnel)

- Breathe deeply, becoming centered in the here and now, aware of the embrace of this Earth our home, of the life-sustaining air which you, along with all of Earth's breathing creatures, enjoy by continuous exchange with all that is green and growing.
- May you open your heart and mind to the wonder and mystery that is Life.
- And with gratefulness, may you commend yourself and your service to that which draws you to become your best, to that in which you place your trust, to that which is the source and inspiration of your reverence and purpose.
- May these moments reflect the unfolding of all that awakens compassion, courage and sustains hope.
- May you find moments of your daily service filled with significance and meaning, experiencing yourself as collaborator with the Inexpressible Source from which we come and in which all things are rooted.
- Today may you prepare to take into your hands the needs of those you care for, looking forward to harvests of health and wholeness.
- In all that you pursue and learn, may you remain committed to promoting integrity and humility before the great Mystery, known by so many names and nameless, comprehended by no one, and yet so close to you as your own breathing.

*Hold a few moments of silence, rest, reflection, or gratitude.*

May it be so.

*Hold a few moments of silence, rest, reflection, or gratitude.*

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