Pause to Remember

This has been a week to say the least. And so, we’ve carved out this time at the end of the week to reflect, to pause and to remember. Our eyes have seen lives change right before our eyes. Our ears have heard the cries of pain and sorrow. Our hearts and souls have felt the deep grief of the world. Our eyes have also seen people showing up in the most beautiful of ways. Our ears have heard the gratitude and grace from many. Our hearts- while deeply heavy- are committed to helping and serving because we know we can and are making a difference.

We have all seen death in our days. We have collectively cared for so so many. This care was pure. This care was real. This care made a difference. The people we cared for have loved one who have expressed so much gratitude for our care. And so before we honor those who have died, let us honor the amazing care that has be given this week.

I invite everyone to take either one or both of your hands and place them over your heart. Take in these words as a blessing for you:

Blessed be your hearts that provide healing and strength to those who are suffering. Blessed be your hearts that give peace to those in fear and pain. Blessed be your hearts that nurture and care for the lonely. Blessed be your hearts that embrace others with deep and beautiful compassion. Amen. (adapted from Blessing of the Hands)

And now we remember. We remember those who have died this week. With each name comes a life, a history, a person, a family, a story. Our interactions are now a part of those lives forever. They are seared into the fabric of eternity. We remember those we have cared for either professionally or in our own personal worlds.

I will now ask you to say the names of people you wish to remember either aloud or quietly in your heart. Should you wish for any names to be shared aloud, please unmute your line for the moment to share any names and then remute.

*Pause for Sharing Names*

Thank you for bringing all of these names into this space- those spoken aloud and those spoken in our hearts.

May these names be blessed and watched over. May these names shine brightly and receive grace. May these names be garbed in light and may they rest in peace. Now and always. (adapted from Priestly Blessing)

And together we say, Amen.
Pause to Remember

We conclude with the words of the Psalmist,

“Weeping may endure for the night, but joy comes in the morning.”

We are in a place of darkness. However long this darkness lasts, we do know the sun will rise. The sun always rises. We know light will come. Until full light comes, until the morning comes, let us find comfort that every single person we encounter is bringing their own light into this dark time. We are not alone. We are in this together. And that is a blessing.

May pockets of calm and peace find their way to you as we enter into the weekend.

Amen.

Stay safe everyone.