

A Blessing for Caregivers

May you see with tender eyes
The wounds of those before you.
May you hear with well-tuned ears
The unspoken needs of those whose voices are muted.
May you hold with gentle hands
The bodies and the spirits of those you care for.

May the beauty of soul,
The strength of spirit,
The wholeness of being
Lead you, inspire you
And let you know your own
Beauty of soul,
Strength of spirit,
Wholeness of being.

May you know that,
As you care for others,
God cares for you, sees you,
Holds you tenderly.

Amen.

This blessing comes from the book, *Voices from the Journey*,
authored by Sr. Juliana Casey, IHM.
Learn more about the book at www.chausa.org/voices
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