



A BLESSING FOR CAREGIVERS

BY KATE BOWLER

*Blessed are we
for whom the call to loving action is still strong,
whose every urge is to keep going, keep working,
and not to count the cost.*

*And yet blessed are we,
beginning to notice that we are slowing down, inexplicably,
or just pausing, staring for no reason,
or starting something,
but then quickly turning to another demand.*

*Blessed are we,
realizing that we are beginning to lose the thread.*

*Blessed are we who say
I really can't keep going like this,
at this pace, under this weight,
and also, the momentum is so strong, I can't stop.*

*God, come and be the hands that sit me down
and keep me there long enough
for me to really feel what I feel,
and know what I know.*

*Come and be the wisdom
to find the support system that is broad enough,
kind enough, effective enough to meet the needs that are here
— both mine and theirs.*

*Come and be the peace that frees me
to let my hands lie gently open awhile,
the grace to just receive.*

*Seek the rest you need, and a little bit more.
it is a sacred space.*