

Benediction for August 5th, 2018

**Inspired by and borrowing from poet John O'Donohue -
"For One Who Is Exhausted, a Blessing"**

*For those whose hearts are hectic,
Minds dimmed by the strain.
Spirits weary.
Gravity weighing heavy.*

*As you depart.
Receive the self that you have forsaken.
Breathe in deeply the summer air.*

*May your soul lift you up.
May you find refuge in your senses,
And in small miracles beyond number.*

*Wait. Watch. Participate.
There is joy in slow time.*

*God goes before you to set the path.
Walk it slowly, surely, and faithfully.*

*Go with a renewed spirit.
Go with a sense of adventure.
Go in love.*

Go now, family, in peace.