



## For the Caregivers

Show me how to offer hope.  
Open Your hand with the colors of faith  
That I might begin to fill in spaces  
To strengthen another's life.

Show me how to offer comfort.  
Point out Your nesting place,  
Feathered against the adversities  
That wound those I love.

Show me the direction  
When I am lost,  
Searching to help,  
But finding no paths.

Show me tolerance,  
When I weary of helping,  
And a long dreary day  
Stretches toward a restless night.

You place before us life and love;  
Show us endurance.  
You place before us healing and hope;  
Show us persistence.

Reach deep within me, Eternal Strength,  
And bring my strength to consciousness.  
Pull it around us:  
Let it radiate with Your power,  
Let it guide our way.

*From Flames to Heaven: New Psalms for Healing & Praise.*  
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# A Blessing

May you be comforted by your ability to care and to give comfort.

May you derive strength from your own deeply held faith to be emotionally present to suffering and grief.

May your prayers give voice to the awesome state of our mortality in the face of the infinite.

And may you find grace to help others see that rage against loss carries within it the feisty spark of its own divine energy.  
That our outcry is as important as our tears.

*By Dr. Ken Gorfinkle*

*Adapted from When a Child Dies: Helping the Rabbi Help*



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