

Hurting

**May we discover through pain and torment,
the strength to live with grace and humor.
May we discover through doubt and anguish,
the strength to live with dignity and holiness.
May we discover through suffering and fear,
the strength to move toward healing.
May it come to pass that we be restored to health and to vigor.
May Life grant us wellness of body, spirit, and mind.
And if this cannot be so, may we find in this transformation and
passage
moments of meaning, opportunities for love
and the deep and gracious calm that comes
when we allow ourselves to move on.**