

Prayer – read by S. Angela

I pause ... and thank you for this day. For the challenges, the emotions, the struggle. For in all this, I grow closer to you.

I pause ... and ask that in the darkness, I see your light and in my fear, I feel your strength.

I pause ... and remember that today, as in days before, I have survived. When I've wanted to run, I've stayed. When I wanted to hide, I've faced the day.

I pause ... and ask for forgiveness for the days I falter, and the disease takes over. I ask for compassion and love when I'm unable to give those to myself.

I pause ... and resolve to love myself more tomorrow. And always feel your spirit surround me in safety.

I pause ... and rest.

- *By Erin Roush*