

“For Suffering”

May you be blessed in the holy names of those
Who, without knowing it,
Help to carry and lighten your pain.

May you know serenity
When you are called
To enter the house of suffering.

May a window of light always surprise you.

May you be granted the wisdom
To avoid false resistance;
When suffering knocks on the door of your life,
May you glimpse its eventual gifts.

May you be able to receive the fruits of suffering.

May memory bless and protect you
With the hard earned light of past travail;
To remind you that you have survived
before
And though the darkness is now deep,
You will soon see approaching light.

May the grace of time heal your wounds.

May you know that though the storm may
rage,
Not a hair of your head will be harmed.

John O'Donohue, *To Bless the Space Between Us: A Book of Blessings*
(Doubleday, 2008)