

*A Blessing for All Who Serve
in the Ministry of Health Care*

May rest find you
In the peaceful moments when all is still,
In the quiet times when you pause
And breathe.

May rest find you
In the chaos of the moment,
In the sorrow you seek to heal.

May rest bless you and strengthen you.
May it fill your spirit
And give you unearned joy.

May you find rest in the care of others,
In the knowledge of your worth,
The value of your service.

May the One who gives rest
Bless you and hold you close.
And may you, in your very being,
Be a place of rest for others.

Amen.



This blessing comes from the book, *Voices from the Journey*, authored by Sr. Juliana Casey, IHM.
Learn more about the book at www.chausa.org/voices