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# A Blessing for Healthcare Workers in a Time of Covid-19 Pandemic

Kate Williams wrote this prayer as a blessing for healthcare workers during the COVID-19 pandemic.

**By:** [Kate Williams](#)

**Tags:** [coronavirus](#), [covid-19](#), [daily prayer](#)

**Reflection** posted on April 3, 2020

## A Blessing for Healthcare Workers in a Time of Pandemic

Blessed are the ones who cannot be isolated.

Blessed are the doctors, nurses, chaplains, hospital staff. Blessed are the hands that are raw from scrubbing and sanitizing, the palms that glisten with oil of healing. Blessed are the shoulders that carry the weight of life and death. Blessed are the feet that are aching from standing at bedside and running between rooms. Blessed are the hearts that are frightened and breaking.

Blessed are the mothers and fathers, grandmothers and grandfathers, sisters and brothers, Partners and friends who cannot go home. Blessed are the families who become isolated from each other, the ones who sacrifice their own comfort so that we need not be alone in our suffering.

Blessed are the sick and dying, those who bear the image of Christ before us. Blessed are those who believe that when part of the Body suffers, we all suffer.

Blessed are those who look upon his secret work as a gift. Blessed are those who have had enough. Blessed are those who are overwhelmed. Blessed are those who lack the space to process all that lies ahead.

Blessed are the ones who are found weeping in secret corners of an emergency room so that we might see a strong face to greet our need. Blessed are those who weep openly with us, so that even our tears have companions.

**Blessed are you, O God: quietly holding each of us along the way. Come quickly, abide unceasingly. Love us while we see the worst, and give us the help we need to see our way out.**

[Watch the video with the prayer.](#)

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Kate Williams

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*for the study and renewal of worship*

1855 Knollcrest Circle SE Grand Rapids, MI 49546-4402 USA

(616) 526-6088 [worship@calvin.edu](mailto:worship@calvin.edu)

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