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Friends:

As we transition into a season of online interaction here on campus, we do so even as prayer provides—whether 2 or more are gathered together (in person or virtually) find ourselves absent other companions. Sharing spiritual practices even when we cannot do so as handwashing is to our hands.

The following liturgy is provided to you for just such moments as these, in just such a way as this liturgy of sacred text, music, ritual, and prayer provide healing to all who engage in it. (Assistant Professor of Christian Worship and Director of Worship Life [Dr. Sharon](#) used in this liturgy.)

You are invited to share elements of this liturgy with those who would find comfort in it. Individual prayers to post or print and place around your home—near sinks, doors, etc. are available [on our Facebook page](#).

Blessings to you,

Rev. Todd Atkins-Whitley

Interim Director of Worship, Spring 2020

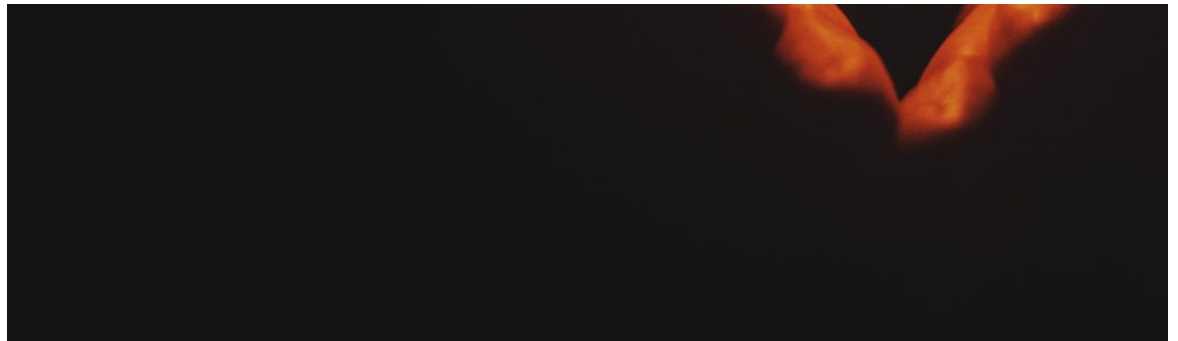


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Prepare a space where you can be comfortable and uninterrupted for a few moments.

Add items such as a small dish of water, cleanser or soap, a washcloth, lotion, a candle, and a song—perhaps even a photo of someone special to you.

Invite someone to share the space with you or enjoy this spiritual practice alone.

As you begin, light the candle and take a few cleansing breaths.

Spend a few moments in silence.

Then play the following song.



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I will protect those who know my name.

When they call to me, I will answer them;
I will be with them in trouble,
I will rescue them and honor them.

With long life I will satisfy them,
and show them my salvation.”

As you pray this prayer aloud, imagine that many people are reading it aloud.

Merciful God/Goddess, hear our fervent prayer for all who suffer the effects of
sickness, fear, and anxiety.

God, in your mercy:



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Hear our prayer.

Guide those who strive to develop tests, vaccines, and cure—that their work restore communities to wholeness and health. God, in your mercy:

Hear our prayer.

Holy One known by many names, help us rise above fear:

Assure us of your presence when we are fearful.

Calm anxieties with your holy Spirit.

Bring healing to all in need of it.

We ask all this through the intercession of your child, Jesus, through the Holy Spirit, and in the name of all that is holy, just, and compassionate.

Amen and Ashe

(Adapted from *A Prayer for Persons Suffering from Ebola*, chausa.org.)



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repeat with the other hand.

Take a moment to look at your soap-covered hands.

What do you see? What do you notice? How does this make you feel?

Place your hands into the dish of water and wash each hand clean of residue.

Allow your fingers to drip back into the dish for a few moments. Then, hold them

What thoughts fill your mind as you look on your cleansed hands? How do you

Take the washcloth and gently dry each area of both your hands—as intentionally washed them.

Apply lotion to your hands in a deliberate and loving manner, appreciating the texture and prints, and locking in the moisture from the water.

Offer the **Prayer for Handwashing (2)** below.

Then play the following song.

Wade in the Water (performed by Sweet Honey in the Rock with ASL interpretation)

Spend a moment in silence and gratitude. Take a deep breath and exhale.

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You who live in the shelter of the Most High
who abide in the shadow of the Almighty,
will say to the Lord, "My refuge and my fortress;
my God, in whom I trust."

For she will deliver you from the snare of the fowler
and from the deadly pestilence;

She will cover you with her pinions,
and under her wings you will find refuge;



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we will return to ourselves, as people of care and compassion
and not allow our fears to grow or be turned into prejudice.
As this water drains away from our hands,
take away from it all that might cause harm
to our bodies, our watersheds, our planet,
so that it might return again to fulfill its holy purpose.
Holy One, who is the Water of Life, bless us
and bless the world through us. Amen.



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Because you have made the Lord your refuge,
the Most High your dwelling place,
no evil shall befall you,
no scourge come near your tent.
For She will command his angels concerning you
to guard you in all your ways.

“Those who love me, I will deliver;
I will protect those who know my name.
When they call to me, I will answer them;
I will be with them in trouble,
I will rescue them and honor them.
With long life I will satisfy them,
and show them my salvation.”



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the un- and under-insured, the immune-compromised, u
God, in your mercy:

Hear our prayer.

Guide those who strive to develop tests, vaccines, and cur
their work may limit and conquer the virus and restore co
to wholeness and health. God, in your mercy:

Hear our prayer.

Holy One known by many names, help us rise above fear.
Assure us of your presence when we are fearful.

Calm anxieties with your holy Spirit.

Bring healing to all in need of it.

We ask all this through the intercession of your child, Jes
through the Holy Spirit, and in the name of all that is ho
compassionate.

Amen and Ashe

Adapted from *A Prayer for Persons Suffering from Ebola*

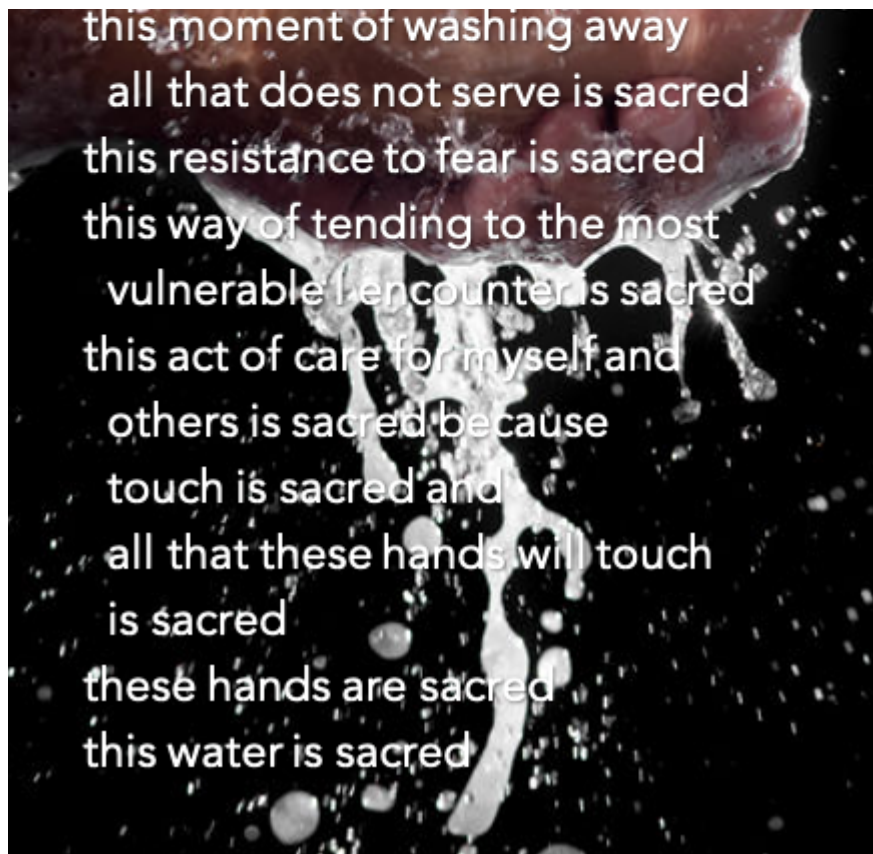


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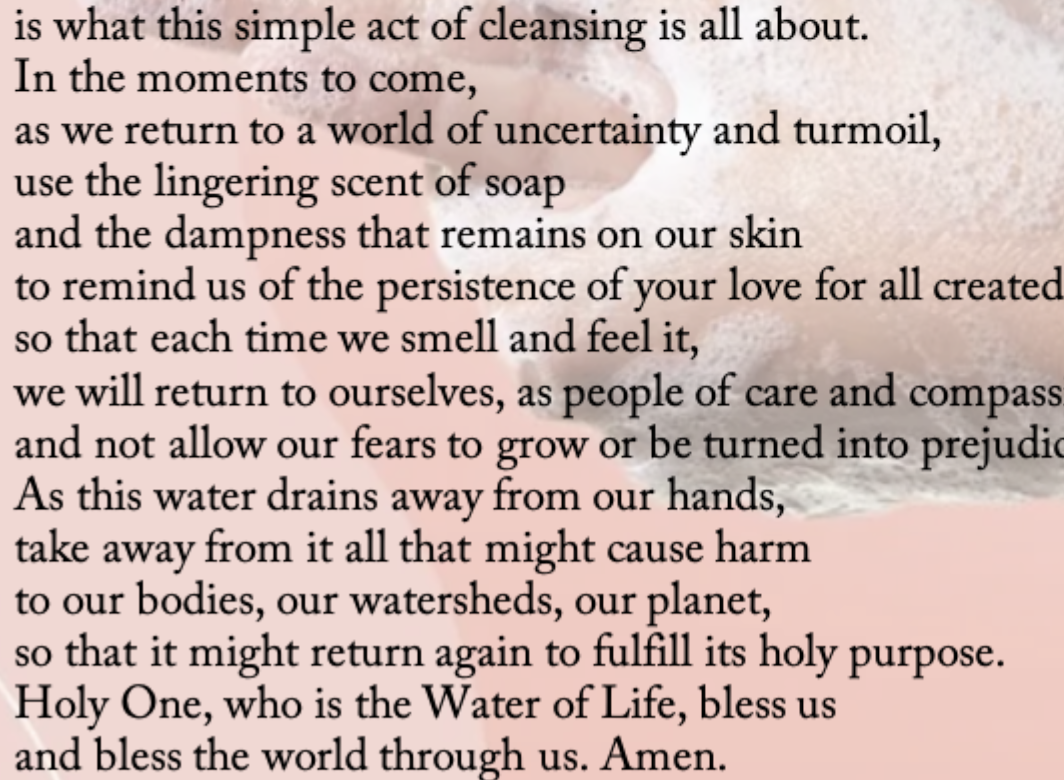


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is what this simple act of cleansing is all about.
In the moments to come,
as we return to a world of uncertainty and turmoil,
use the lingering scent of soap
and the dampness that remains on our skin
to remind us of the persistence of your love for all created
so that each time we smell and feel it,
we will return to ourselves, as people of care and compassion
and not allow our fears to grow or be turned into prejudice.
As this water drains away from our hands,
take away from it all that might cause harm
to our bodies, our watersheds, our planet,
so that it might return again to fulfill its holy purpose.
Holy One, who is the Water of Life, bless us
and bless the world through us. Amen.



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Sweet Honey in The Rock - Wade in the Water





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this moment of washing away
all that does not serve is sacred
this resistance to fear is sacred
this way of tending to the most
vulnerable I encounter is sacred
this act of care for myself and
others is sacred because
touch is sacred and
all that these hands will touch
is sacred
these hands are sacred
this water is sacred

by Dr. Sharon Fennema, inspired Dori Midnight, via Adrienne Maree Brown

Holy One who has promised to be our Living Water,
make this moment of hand washing a time to remember
all the ways water has protected, blessed, cherished, and upheld us,