

A Blessing for Mourners

By: Christine Moore © 2024

Bless you who are newly mourning. You who have only recently hoisted the weight of grief upon your shoulders. Bless the tears that flow because the pain of this weight feels unbearable.

Bless you who have carried grief's weight for years, even decades. You who have the muscle to bear the weight but who still find that tears come – at times with tenderness and at times with unrequited longing.

Bless every breath your beloved took beside you. And bless that you continue to breathe now. Bless you for holding, with your soul, the life you made together.

Bless your hand, which recalls the feeling of holding your beloved's hand. In fact, bless all of your body and the physical memories you store within your flesh.

Bless your ears for being capable of conjuring up your beloved's laugh. Indeed, bless that your ears have collected every shared laugh between the two of you.

Bless your tongue for speaking your beloved's story. For inviting your beloved by name and by memory to be a part of you now, to grow within you, through you and beyond you.

Bless you for allowing the light of God's love to enter your wounds. Bless you for letting God hold you as you lean back in exhaustion or disbelief and also perhaps gratitude or comfort.

Bless this gathering of mourners who have come together to remember their loved ones. Who have attended this mass to say to the person on their right: "you are not alone." And to hear from the person on their left: "you are not alone."

We are together in our love and our loss. We are not alone. We are not alone. We are not alone.

Amen