A Prayer for Mental Illness Recovery and Understanding

Across our land we pray a prayer of hope and healing,
Across our land today we become the architects
for a path of kindness, understanding and
strength
We build within us a sacred
house of invitation.

Peace is flowing like a river
while gentle strong hands hold the harsh waves at bay
Gentle strong hands hold the whispers, the tears,
the disappointments, the fears, and the tragedies
Gentle strong hands hold the recovery, the smiles,
the dance, the celebration, and the joy
Gentle strong hands clasp other gentle
strong hands and lock together
Our hands help the river flow more peacefully
The river of healing
The river of faith
The river of reconciliation
The river of service.

We extend our hands in a ritual of love,
We extend our hands in a ritual of caring and concern
We extend our hands in a ritual of anxiety and grief
We extend strong gentle hands for an anointment of compassion and mercy.

O source of life,
By Thy mercy which embraces all things
By Thy power which dominates all things
Towards which all things are humble
By the knowledge which encompasses all things
By the light of Thy face through which all
Things are illuminated.
O all powerful
O all great
O all sublime
O first and O last
O that we may sing a song of praise and love
for all people living with mental illness.

O sing a praise of thanksgiving for the families,
the caregivers, the advocates and the wonderment
of science and technology that promises breakthrough and insight.
O sing a praise of forgiveness for the ignorance,
the silence, the shame, the secrecy, the isolation
and ill treatment
Enslave the spirit of meanness
and intolerance.

O sing multitudes of praises for recovery,
renewal, acceptance and grace
O sing a song of charity for the unspoken
needs and extend gentle hands offering
true tenderness for the broken spirits.

O sing rivers of kindnesses that we all might surrender and wade into oceans
of grace, oceans of support, oceans of life
as we feel gentle strong hands holding, loving, strengthening, and affirming
us all.