

## **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.