

## FOR SUFFERING

May you be blessed in the holy names of those  
Who, without you knowing it,  
Help to carry and lighten your pain.

May you know serenity  
When you are called  
To enter the house of suffering.

May a window of light always surprise you.

May you be granted the wisdom  
To avoid false resistance;  
When suffering knocks on the door of your life,  
May you glimpse its eventual gifts.

May you be able to receive the fruits of suffering.

May memory bless and protect you  
With the hard-earned light of past travail,  
To remind you that you have survived before  
And though the darkness now is deep,  
You will soon see approaching light.

May the grace of time heal your wounds.

May you know that though the storm might rage,  
Not a hair of your head will be harmed.

--To Bless the Space Between Us  
John O'Donohue