

An Evening Blessing for Caregivers

By Menachem Creditor

(Gratitude to Rabbi Jill Berkson Zimmerman for inspiring this intention)

Dear One,

May our tears flow when they flow.

May we remember to see vulnerability as a value.

May we care for ourselves as we tend to others.

May the virtual care we struggle to provide become more real with every encounter.

May we remember rest and remain resilient.

Amen.