

## **A Caregiver's Prayer**

Sustainer of the Universe,  
help me to care for my loved one,  
With hope, courage and sensitivity.  
Grant me insight, resourcefulness  
and the ability to ask for help  
And to accept help when it is needed.  
May I find the patience to overcome difficult moments  
and to find meaning and purpose in the smallest task.  
O Eternal God,  
help me to remember to take care of myself  
So that I may have the strength to help others.  
Be with me and my loved one,  
as we journey on this path together.  
May the One who makes peace in the Heavens,  
Bring peace to me, to my family and loved ones,  
and to us all.