

Brief VIGIL Script for April 9, 2020  
By Karen Wyatt MD

1. Introduction:

Today is the 9<sup>th</sup> day of April 2020. On the ninth of each month, communities are invited to hold space for reflection on life, death, and transformation and so I invite you to join me in a vigil today and on the ninth day of each coming month.

A vigil is a time of watching and waiting together – in prayer, meditation, or contemplation – when life is uncertain and the future is unknown. To participate fully in this vigil you may want to have available a small bowl or basin of water, a towel, and candle and lighter. You may pause the recording here if you like or you can just keep listening.

Today we come together in this Vigil to hold space for all of those we love but cannot be near and for all who care for our beloveds in their time of sickness.

2. Focus intention with 3 deep breaths

3. Blessing for Washing Hands by Trisha Arlin

As we wash our hands  
We pray,  
Blessed is the Soul of the Universe,  
Breathing us in and breathing us out.  
May our breaths continue  
And our health and the health of all  
Be preserved  
In this time of sickness and fear of sickness.

4. Candle Lighting

May this light illuminate the darkness for all who are in pain, for all who work to alleviate the pain of others, for all who watch and wait in the uncertainty of these days.

## 5. Poem

By Rainer Maria Rilke

Like cloud-shapes, torn and molded by the wind,  
the world is being changed, and rapidly.

...

No one ought ever love their suffering,  
but no one ever loves without its pain;  
and as we die, we come to wondering

if there was something we could not yet see—  
that winged Thing that merges with Earth's suffering  
to make us what we otherwise would never be.

The world is being changed rapidly before our eyes and we cannot stop it.  
We are learning day after day that it is possible to live and survive what we  
had previously never imagined. We are in a liminal space between what we  
knew before and what is coming in the future.

## 6. Silent contemplation

As we now contemplate the suffering of the entire world we hold the pain in  
one hand and love for all who suffer in the other hand. Placing our hands  
together over our hearts we hold space here for all that is being changed and  
all that will be born of this time of uncertainty. We send our limitless love to  
those who are alone in sickness and pain, especially our loved ones whom  
we cannot be near. Breathing in we fill our hearts with love, breathing out  
we radiate that love in every direction, to all who need it right now.

Continue breathing love in and out for as long as you like as you pray or  
meditate.

## 7. Music and time for silent contemplation

## 8. Benediction

Having come together in this vigil for our ill loved ones who are distant from us we now prepare to return to our daily lives. Repeat after me:

As we go forth ...

May we remember that the heart's capacity for love is infinite and love is not limited by time or space

May we be aware of the invisible bonds of love that surround and protect our beloveds, wherever they may be

May all care providers be held in the same loving embrace and imbued with the knowledge and strength to give compassionate service to all their patients

May we know that we too are surrounded by love in our time of separation and pain.