

VIGIL Script for June 9, 2020  
By Karen Wyatt MD

1. Introduction:

Today is the 9<sup>th</sup> day of June 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.

Today we come together in this Vigil to hold space for the healing of our own broken hearts, of our broken human relationships, of our broken society, of our broken world. Today we contemplate the deep pain we are experiencing due to an epidemic of racial hatred in the midst of a global viral pandemic. We hold space in this moment for healing, transformation and growth for ourselves and for all of humankind.

2. Focus intention with 3 deep breaths

3. Blessing for Lighting the Candle in Times of Grief

As we light this candle

May we recognize the power of light to transform the darkness of our world, the power of love to heal the wounds we carry, and the power of our coming together to overcome the hatred that tears us apart.

4. Poem

IN BLACKWATER WOODS By Mary Oliver

Every year  
everything  
I have ever learned  
in my lifetime  
leads back to this: the fires  
and the black river of loss  
whose other side  
is salvation,  
whose meaning  
none of us will ever know.

To live in this world  
you must be able  
to do three things:  
to love what is mortal;  
to hold it  
against your bones knowing  
your own life depends on it;  
and, when the time comes to let it go,  
to let it go.

## 5. Reflection

In these days, when we thought there could be no deeper sorrow than watching a virus sweep the planet, claiming hundreds of thousands of lives while we stood by helplessly, we have been plunged to even more painful and darker depths. We have woken up to an epidemic of racial hatred that has rampaged our humanity for centuries while we slept. But now we are awake. Now we see the brutal outcome of devaluing the life of others and we vow in our broken hearts to make a change. We stand in the midst of devastation, this river of loss, and contemplate all that has been destroyed. Now is the time to reach into our shattered hearts to find love for all that is mortal –for all living beings on this planet - because our own lives depend on this very love. We must work together to bring unconditional love to this planet.

We have now burned our dried fields – like the farmer – so that new crops can be planted. We have cut open the abscess – like the surgeon – so that healing can begin. We have torn down the crumbling house – like the construction worker – so that a new structure can be built. Now is the time for planting, healing and building to begin.

## 6. Introduction for silent contemplation

As we now contemplate the need for healing in our own hearts, our communities and the entire world we hold the fire of destruction in one hand and the vision of new growth in the other hand. Placing our hands together over our hearts we hold space here for all that have died and will never be replaced and for everything new that will one day be born of this time of sorrow.

We send limitless love from our own broken hearts to all those who have also been broken by these recent events.

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 healing of the brokenness of our world we now prepare to return to our daily lives. Repeat after me:

As we go forth ...

May we reach across every gap that divides us to extend love to our fellow humans.

May we rise above our fears to find the courage of our better angels.

May we transform our own broken hearts into powerful vessels of love and unity for all humankind.

May we carry one another across the rivers of loss to find safety and comfort on another shore.

May we value every life on this planet and offer protection from those who dwell in hatred.