

VIGIL Script for March 9, 2021  
By Karen Wyatt MD

1. Introduction:

Today is the 9<sup>th</sup> day of March 2021. 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 acknowledge and hold space for kindness in the midst of overwhelming grief, kindness in the brokenness of our hearts, kindness in the darkness of uncertainty. These are troubled times that we are attempting to navigate and it hasn't gotten any easier after one year of trying to do the right thing. We are still confused, still tired, still lonely, still angry, still afraid, still grieving more deeply than ever before. And we don't know when it will end. Even the small lights that appear at the end of this dark tunnel from time to time don't seem trustworthy yet. No wonder so many people seem to be giving up, seem to have fallen away from the path of caring, compassion and kindness. But that path is the only one that can lead us forward. Today we honor the path of kindness and renew our commitment to it.

2. Focus intention with 3 deep breaths

3. Blessing for Lighting the Candle

As we light this candle  
we create the small spark of light that we long to see in our dark world. We recognize that the true light we seek is within us at all times and we intend to share it with all others who languish in the darkness.

4. Poem:

Blessing for the Brokenhearted

BY [JAN RICHARDSON](#)

*There is no remedy for love but to love more.*

– Henry David Thoreau

Let us agree  
for now

that we will not say  
the breaking  
makes us stronger  
or that it is better  
to have this pain  
than to have done  
without this love.

Let us promise  
we will not  
tell ourselves  
time will heal  
the wound,  
when every day  
our waking  
opens it anew.

Perhaps for now  
it can be enough  
to simply marvel  
at the mystery  
of how a heart  
so broken  
can go on beating,  
as if it were made  
for precisely this—

as if it knows  
the only cure for love  
is more of it,

as if it sees  
the heart's sole remedy  
for breaking  
is to love still,

as if it trusts  
that its own  
persistent pulse  
is the rhythm  
of a blessing  
we cannot  
begin to fathom  
but will save us  
nonetheless.

## 5. Reflection

Today we acknowledge the deep tsunami of grief that has overwhelmed us for the past year. We feel the brokenness and weariness of our own hearts and we hear the questions that haunt our thoughts and dreams. How can we go on? How do we see this crisis through? Will there be an end-point?

But we also recognize that even within the broken shards of our hearts, love still beats and radiates out to others. We may not understand how love is still possible in a dark world but we can see that this is true, if only we stop to look and notice. There are little signs of love everywhere and we can participate in the mystery of it whenever we slow down and become present. In fact, a broken heart is perfectly suited to generate kindness because the walls of defense and self-consciousness and entitlement have crumbled. We are wide open and cannot help but generate kindness toward others if we desire to do so. Kindness is the outward manifestation of the love and light that burns within us without fail.

Alison Malee writes:

ah, kindness.  
what a simple way  
to tell another  
struggling soul  
that there is love  
to be found  
in the world.

But we are worn out, worn thin, worn ragged by all of the trauma and shattering of an entire year of loss and unwanted change. How can we find the energy for kindness? How do we show our light to the world when our confidence and optimism have been so deeply disappointed?

Why Bother? As Sean Thomas Dougherty writes:

Because right now, there is someone  
out there with  
a wound in the exact shape  
of your words.

Yes. We bother to care and to show kindness even though we have no idea who needs it or how it might help or why it's worth it to us to put forth the effort. We show kindness because we trust that it will do the job – it will

find the perfect place to land – it will bring a needed transformation that we may never see with our own eyes. This is why we must turn our thoughts to kindness as “the heart’s sole remedy for breaking” – we must continue to love because our broken hearts have been “made for precisely this.”

## 6. Introduction for silent contemplation

As we now contemplate how to manifest kindness in our daily lives from the brokenness of our hearts, we open our minds and hearts to be filled with even more love and light. We hold our grief and pain in one hand and the persistent, pulsing rhythm of love in the other hand. Placing our hands together over our hearts we envision that the light of love outshines the darkness of our grief. We hold space here for all who are suffering in this moment and for all who are in need of kindness right now. May they, wherever they are, be met with unconditional, transformative love.

Breathing in we fill our hearts with the light of love, breathing out we radiate this light in every direction, to anyone who needs it.

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 kindness in the midst of our grief we now prepare to return to our daily lives. Repeat after me:

I understand that my grief is a companion of my love.

Grief may have shattered my heart but it cannot extinguish the love I carry.

Within my broken heart I carry all the love the world needs.

I do not need to know how to heal the world, only that it is possible.

I honor the mystery of love that can heal brokenness.

I extend my love to others in the form of kindness, and by so doing I find comfort for my own pain.