

Mental Health Awareness Month Green Ribbon Ceremony

May 4, 2022

Blessing by Chaplain Denham

Let us take a moment and reflect:

In these moments, we come and we acknowledge boldly and intentionally,

That well-being matters,

That our reservoirs of compassion must be filled and nourished.

That our minds are precious tools and conduits for goodness.

That I matter, you matter, and all matter.

For those that struggle in silence,

We yearn for words and actions and presence to bring voice to silence.

We yearn for relief when the burden seems heavy.

We yearn to remove the stigma and replace it with embrace.

We yearn for them to be seen.

We yearn to see the struggle transformed to thriving.

For those hurting and alone wrestling with their mental health,

We yearn to walk their journey alongside them.

We yearn for light in the midst of their darkneses.

We yearn for their journey inward to be a journey shared.

We yearn to honor their presence.

We yearn for them to never walk alone.

For those represented here who serve those struggling with mental health issues,

We yearn for you to be seen.

We yearn for your work to be celebrated one person at a time.

We yearn for the dignity and value you give as you strive for healthy minds.

We yearn for your hands to be blessed, both for the comfort they give and the stories they hold.

We thank you and bless you and all you do for one another and the people around you.

We bless you,

For providing relief and embracing the moment,

For being light and giving voice,

For hearing cries not cried and seeing struggles not shown,

For facing the stigmas and stirring courage,

For holding onto hope and inviting wholeness.

We bless you all indeed with gratitude as we stand up together.

Amen.

