

December 6, 2020

Dear Friends,

There has certainly been a heaviness to our groups the past few weeks, which is not unexpected as the heightened holiday hype always has a way of turning up the heat on grief. But for those who are mourning, this year, this infamous year of 2020, with the ongoing pandemic and social division, has certainly amped up the pain, the loneliness, and the isolation even more. And though, at first, I didn't really like meeting on Zoom because it was so radically different than meeting in person, I am now more grateful than ever that we have this way of connecting each week. I can't imagine not being able to meet and talk and share as we all go through this. For some in our groups it is one of the only moments of human contact they have each week.

In response to the intense suffering in our midst, I have written a prayer that I hope can be of some help to each of us as we traverse through these trying times. I have always found solace in prayer, even when I've had no desire to pray, or even when I have been angry with God. When I articulate my honest feelings, I find that prayer can be a most sincere communication with my Higher Power and with myself.

This prayer is my gift to each of you during this holiday season. As they say in AA, take what you want and leave the rest, but I do hope it helps you to find some serenity, some solace, some joy, some light, some peace, some relief, some grace, and perhaps some inspiration now and into the future.

Peace and Serenity, Kevin

A HOLIDAY PRAYER FOR THOSE WHO MOURN

We come to you Lord with broken hearts as we grieve the loss of those we
love.

During the holiday season this burden is so heavy to carry.

During this pandemic it is heavier still.

Please help us to find the strength to feel our feelings and not run from
them,

so that we can find new life amidst the pain,

so that we can find joy again, and smile and laugh once more,

so that we can find pleasure in the little things,

and cherish the memories we have created,

and so that we can have gratitude for having loved those whom you gave
to us on this journey of life.

Loving God, pierce our darkness with your Divine Light,

and as we see the lights of the season around us everywhere,

please help us to know that even though they are not with us physically, our
loved ones are with you in Light and Love and they are with us always, and
that we can continue to love them as we continue to live.

We cannot move on, but we ask your help to move forward.

Please heal our broken hearts O God and fill them with Light and Love.

Amen.

