Our God of many names, You who are Divine Mystery rooted in all generations, connect us to one another across the miles, help us to feel your presence in some way wherever we might be right now.

We are a people existing in isolation, in grief, swelled with anguish, battered by exhaustion.

We pray for the families and loved ones of George Floyd, Breonna Taylor, Amaud Arbery and countless others who have to live with a horrible loss that began with one final breath.

The past several weeks we have heard and seen the word “essential” often and we have been thankful for those whose work has been deemed so to keep us going during a global pandemic.

But now, in this moment of national grief and personal trauma we call upon You to help us with something else that is “essential” for the other pandemic that has been going on in our country for over 400 years. We ask You to bless us with “essential knowledge.”

Our God of all that needs healing, we ask for You to bless us, so that we in turn can become blessings for others.

Bless us with the “essential knowledge” that we were not created by You to own, dominate or oppress other human beings.

Bless us with the “essential knowledge” that the trauma to Black bodies, indigenous bodies, all people of color and others who are marginalized is trauma that is physical, spiritual and emotional, it is a trauma that persists through generations, and it matters.

Bless us with the “essential knowledge” that we who are part of power structures must atone for our hand in this oppression, name our failures, shed our greed and vow to act in truly healing ways where compassion and respect flourish.

Bless us with the “essential knowledge” that inspires those in leadership roles in all our institutions to be firmly rooted within their own humanity with steadfast moral courage, brave vision and engaging wisdom.

Bless us with the “essential knowledge” that we are a people in need of hope that has teeth, hope that expands beyond eloquent words, hope that beckons us to have affirming hearts, voices and hands in your world seeking justice and dignity for all people.
Bless us with the “essential knowledge” that we Your people of all colors, abilities and
giftedness can create joy, can nurture tenderness, can love one another with abundance,
that we, Your people, can do good work.

Finally, bless us with the “essential knowledge” that we all hunger for and are deserving of
rest, recovery, liberation and peace.

Let us be blest and be shalom
Let us be blest and be salaam
Let us be blest and be shanti
Let us be blest and be peace

Together as Your beloved children, we say in one voice. May it be so.