

A Prayer as I Put on My Mask



As I prepare to go into the world,
Help me see the sacrament in the wearing of this cloth –
Let it be “an outward sign of an inward grace” –
A tangible and visible way of living
Love for my neighbors, as I love myself.

Christ,

Since my lips will be covered, uncover my heart,
That people would see my smile in the crinkles around my eyes.
Since my voice may be muffled, help me to speak clearly,
Not only with my words, but with my actions.

Holy Spirit,

As the elastic touches my ears, remind me to listen carefully –
And full of care – to all those I meet.

May this simple piece of cloth be shield and banner,
And each breath that it holds, be filled with your love.
In your name and in the name of love

I pray.

May it be so. May it be so.

by Sister Rose Marie Tresp, RSM