

## **A Moment of Blessing**

God,

Thank you for this moment of peace. My torment had seemed cruelly relentless, reaching out endlessly into the future, and there seemed no hope.

I prayed to you, as my heart and soul wrestled with a trauma inflicted on me so long ago that much is lost in the mist of time. Or perhaps, in order to survive I banished it to a special place of pain, a room without doors. After these many years the walls have cracked and the sadness and fear are now here.

I begged and implored you to please, please just make it go away. It seemed hardly worth living if this was to be my lot, my being and my future.

Please, God, grace me with your holy and joyful presence. Please heal my wounds, the wounds of a child from long ago, with your love.

And you came! Thank you for this moment, God. I will store it in my soul to lend me strength as I walk through my terrors and sorrow.

Shoshana Hadassah