

A Blessing for the Brave of Heart



This ancient Franciscan blessing is not a comfortable one—and that’s exactly the point. It doesn’t ask for ease or safety, but for discomfort, anger, tears, and foolishness—sacred gifts wrapped in paradox. In a world that often rewards distance and detachment, this blessing invites us into something deeper: to live with integrity, to feel the weight of injustice, to let our hearts break open for others, and to risk believing that compassion can still transform the world.

As caregivers and companions on the journey of suffering and healing, we often witness the realities this blessing names. Easy answers fall short. Pain sits in rooms that don’t make sense. Yet, time and again, I’ve seen people—patients, families, staff, volunteers—step into these spaces with courage and tenderness. May we all be so “foolish” as to keep showing up, keep believing, and keep loving in ways that defy cynicism. In doing so, we participate in holy, healing work that echoes far beyond what we can see.

MAY GOD BLESS YOU with discomfort,
at easy answers, half-truths,
and superficial relationships
so that you may live
deep within your heart.

May God bless you with anger
at injustice, oppression,

and exploitation of people,
so that you may work for
justice, freedom and peace.

May God bless you with tears,
to shed for those who suffer pain,
rejection, hunger, and war,
so that you may reach out your hand
to comfort them and
to turn their pain to joy.

And may God bless you
with enough foolishness
to believe that you can
make a difference in the world,
so that you can do
what others claim cannot be done,
to bring justice and kindness
to all our children and the poor.

Amen

I consider it a privilege to serve the patients, families and staff at San Antonio Regional Hospital. We are here to provide a supportive presence during what can often be the darkest hour of their lives. We encourage anyone, irrespective of their spiritual or religious affiliation, or lack thereof, who needs additional support while in our hospital to reach out to the Spiritual Care Department. You can contact the Spiritual Care Department by dialing “26326” from any hospital phone or by making a request through your nurse.

We look forward to serving you!

Blessings,

Rev. Alexander J. Aaron, M.Div, BCC

Staff Chaplain

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