

## **Prayer for Handwashing in the time of COVID-19**

this water is sacred  
these hands are sacred  
all that these hands will touch is sacred  
this cleansing is sacred because  
the well-being of all creatures is sacred  
this moment of washing away all that does not serve is sacred  
this resistance to fear is sacred  
this way of tending to the most vulnerable I encounter is sacred  
this act of care for myself and others is sacred because  
touch is sacred and  
all that these hands will touch is sacred  
these hands are sacred  
this water is sacred