
1 Blessed art thou O Lord our God, King of the Universe* 
   You have seamlessly knit together your love in us, mind, body, and spirit.

2 We give thanks to you O Lord, for the gift of life* 
   You made us in Your image and we are your gift to the world.

3 You sustain and nurture us as we change and grow* 
   You help us remember who we are.

4 You made us unique in the awesome diversity of your creation* 
   You bring us together in community as we live in the spirit of mutual support.

5 You blessed us with the Great Land and show us your grace with its beauty* 
   You feed our being and strengthen us for mission to church, community, and world

6 Like climbing a mountain, we will rise up to you* 
   Together, as one, as those before us.

7 We give thanks to you O Lord, for the gift of life* 
   You made us in Your image and we are your gift to the world.

8 We spoil Your gift when we don’t take care of ourselves, we suffer dis-ease* 
   Awake in us Your healing power and we will be at-ease.

9 When we fail to care for our body, mind, and spirit, we distort your creation* 
   Help us to take care of what we have been given so we can live at peace.

10 When we focus on worldly things, we break away from Your vision* 
   Help us to know that health is using our gifts to serve Christ and Christ's people.

11 When we only remember the bad, we become stuck in our woundedness* 
   Help us to connect with good memories and remember the joyful things.

12 Lord, lift us up from the valley floor and make us whole* 
   So that we can continue to serve your purpose.

13 We spoil Your gift when we don’t take care of ourselves, we suffer dis-ease* 
   Awake in us Your healing power and we will be at-ease.

14 Lord, in our health and wellness we serve You in faithful mission and stewardship* 
   We will proclaim the Good News of Your Kingdom.

15 Lord, in our health and wellness we serve You in faithful mission and stewardship* 
   We will teach, baptize, and nurture new believers.

16 Lord, in our health and wellness we serve You in faithful mission and stewardship* 
   We will respond to human need by loving service.

17 Lord, in our health and wellness we serve You in faithful mission and stewardship* 
   We will seek to transform unjust structures of society.

18 Lord, in our health and wellness we serve You in faithful mission and stewardship* 
   We will strive to safeguard the integrity of creation and sustain and renew the life of the earth.

19 We give thanks to you O Lord, for the gift of life* 
   You made us in Your image and we are your gift to the world.

20 We spoil Your gift when we don’t take care of ourselves, we suffer dis-ease* 
   Awake in us Your healing power and we will be at-ease.

21 Lord, in our health and wellness we serve You in faithful mission and stewardship* 
   We will live our baptismal covenant, proclaiming Your kingdom in this moment and evermore.

*Based on Bishop Mark Lattime’s Address to the 2013 Convention of the Episcopal Diocese of Alaska, October 4th, 2013