

INTERFAITH SERVICE



“THE COURAGE TO SURRENDER”

Whether you are here as a patient, a family member, a friend, or a caregiver, thank you for taking this time to pause and reflect.

Our theme today is "The Courage to Surrender."

When we hear the word *surrender*, many of us think of weakness, defeat, or giving up. Yet some of the most courageous moments in life are not moments of control, but moments of release. They are the moments when we acknowledge that there are things beyond our power to change and choose to meet them with honesty, trust, and openness.

In a hospital, we often encounter realities we did not choose—an unexpected diagnosis, a difficult treatment, a long recovery, or uncertainty about what lies ahead. We naturally want answers, certainty, and control. But sometimes peace comes not from having all the answers, but from loosening our grip on what we cannot control and opening our hands to what is still possible.

Today, as people from different faiths, traditions, and life experiences, we gather around a shared human experience: learning how to live faithfully, courageously, and hopefully in the midst of uncertainty.

May this time offer each of us a moment of peace, reflection, and strength for the journey ahead.

MUSIC River Flows in You Instrumental- Yiruma

SELECTED READINGS OF FAITH TRADITIONS

JEWISH READING

“Trust in the Lord with all your heart, and do not rely on your own understanding.”

-Proverbs 3:5

HINDU READING:

“You have a right to your actions, but not to the results of your actions.”

- Bhagavad Gita 2:47

ISLAMIC READING:

“And whoever puts their trust in God—He is sufficient for them.”

- Qur'an 65:3

BUDDHIST READING:

“Holding on leads to suffering. Letting go leads to peace.”

Dhammapada 277

Breath Exercise — *The Courage to Surrender*

If you are comfortable, I invite you to gently settle into your seat.

There is nothing you need to fix in this moment. Nothing you need to achieve. Just this space, and your presence within it.

If it feels okay for you, you may soften your gaze or gently close your eyes.

And now, simply notice your breath.

No need to change it—just become aware of it.

We will take a few slow breaths together

Breathe in... slowly.

Breathe out... slowly.

Again...

Breathe in... receiving.

Breathe out... releasing.

One more time...

Breathe in... strength for this moment.

Breathe out... letting go of what you cannot carry.

As you continue to breathe at your own pace, notice that nothing is required of you right now except to be here.

For some, surrender may feel like letting go.

For others, it may feel like being held.

And for many, it may be something in between.

However it comes to you, you are not alone in this space.

Now, gently return to your natural breath.

And when you are ready, bring your awareness back into the room.

CLOSING PRAYER

FINAL REMARKS

As we come to the close of our time together, I want to offer a final word of gratitude—for your presence, your attention, and simply for being here.

We have shared a few moments of reflection, silence, music, and breath. In all of it, we have been practicing something simple, but not always easy: the courage to surrender.

Not surrender as defeat. Not surrender as absence of hope. But surrender as the willingness to release what we cannot control, so that we might be more fully present to what is still here—this breath, this moment, this care, this connection.

In the hospital, so much of life is held in uncertainty. And yet even here, especially here, there are still places where peace can be found—not because everything is resolved, but because we do not have to carry everything alone.

As you leave this space, may you carry with you what you need for the next step of your journey. And may you also be given permission to set down what you cannot carry beyond it.

For patients, may there be comfort in the midst of uncertainty.

For families, may there be strength and tenderness with one another.

For staff, may there be renewal and compassion in your sacred work of care.

And for all of us, may there be the quiet courage to hold on when we need to, and the deeper wisdom to let go when we are able.

Go in peace, and in grace, and in the courage to surrender.