



RUDERMAN SYNAGOGUE INCLUSION PROJECT



A BLESSING FOR MENTAL HEALTH

By Devon Spier

*Come in as you are.
You do not have to shine yourself up,
Or polish off your grit.
Make your brokenness a blessing.
Never using it to harm,
Or as a hardened defense.
Come in to honor life.
To learn
And to teach.*

*Transparency opens us.
Whereas hiding closes us.
Pretending reveals nothing,
Whereas the truth reveals everything.
Welcome.
Come in with all that you have.*