

# Catholic Caregivers

*'Caregiving is pro-life!'*

## The Beatitudes for Caregivers

Blessed are those who sleep poorly because they're worried about their loved one or because their loved one wakes in the middle of the night and needs help, for theirs is the Kingdom of heaven.

Blessed are those who mourn because their loved one, though still alive, is slipping away because of dementia, for they will be comforted.

Blessed are the meek who force themselves to speak up and speak out to make sure their loved one receives the help he or she needs, for they will inherit the land.

Blessed are those who hunger and thirst for answers to why this is happening to their loved one and how much longer it will go on, for they will be satisfied.

Blessed are those who show mercy, kindness, and compassion to their loved one, for they will be shown mercy, kindness, and compassion.

Blessed are those who keep clean a loved one who is physically or mentally unable to keep himself or herself clean, for they will see God.

Blessed are those who help their loved one find moments of peace, for they will be called children of God.

Blessed are those who are misunderstood, not appreciated, and taken for granted in their role as caregiver, for theirs is the Kingdom of heaven.

Blessed are you whose caregiving efforts are unjustly criticized — or who are falsely accused of not caring about others — because of your love for your care-receiver . . . and your love for God, who has asked you to help his beloved son or daughter.

Rejoice and be glad, for your reward will be great in heaven.

--Friends of St. John the Caregiver