



**FAITH IN
HARM REDUCTION**
www.faithinharmreduction.org

A Prayer for Harm Reduction Family For All That We Are

-Erica Poellot, November 2019

a message to two loved ones early this evening. my heart ripped wide open, I
said

pretty much my every day, I joked. but especially this day. honestly, my every day.

my heart ripped wide open with love and awe, for you two.

for all of you.

you, too.

I grew up not going to church but wanting to. wanting a place I belonged, for all
of me,

needing a place I was loved, for all of me. just one place, I could be all of me.

I didn't find it then, with them. but with you. I could be me. I could be all of me. I
was loved for all of me. with you.

thank you.

my prayer.

that this gorgeous family of ours. hold you for all of who you are. *all of who we
are.* love you for all of who you are. *all of who we are.* see you for all of who you
are. *all of who we are.* that we allow ourselves to be ripped wide open with love
and awe, for all of who you are, *for all of who we are.* that the coming in-breaking
of love touch all of you. *touch all of who we are.*

we are gorgeous, family.

love to you.

thank you.

from all of me.