

A Prayer for International Widows' Day

23rd June



Merciful God,
We pray for the widowed in the challenges they face
as they adapt to a different way of life:

for those who struggle with loneliness
even when surrounded by family or friends,

for those who struggle with faith in you
because the partner whom they loved,
and still love, is no longer with them

for those who see tears as a sign of weakness or self-pity.

for those who struggle in cultures
where traditions stigmatise widows
and deny them rights.

May each one receive grace enough to truly grieve their loss.
May there be glimpses of hope that life can still have purpose.
May happy memories be a source of strength.
May your loving kindness enfold each one.

In silence we bring to God those widowed known to us personally.....

Lord, in your mercy
Hear our prayer.

What is International Widow's Day?

International Widows Day is a United Nations ratified day of action to address the "poverty and injustice faced by millions of widows and their dependents in many countries".

It is estimated that there are 245 million widows worldwide, 115 million of whom live in poverty and suffer from social stigmatization and economic deprivation purely because they have lost their husbands.

It is a day when nations are invited to give special attention to the situation of widows and their children.

The day takes place annually on 23 June.