

The prayers and reflections
presented here are for the spiritual
nourishment of all who believe in a
Higher Power, whatever their faith.

Where the author and source are known,
we have identified them.

Booklet Number Four
Spring 2006

The development of this booklet
was a project of the
Pastoral Care Committee
of the
Catholic Health Association
of British Columbia



The Lord's Prayer

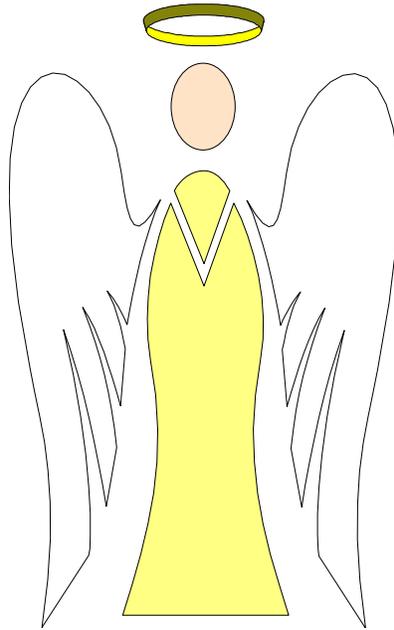
Our Father, Who art in heaven, hallowed be
Your name. Your kingdom come, Your will
be done, on earth as it is in heaven. Give us
this day our daily bread and forgive us our
trespasses as we forgive those who trespass
against us, and lead us not into temptation
but deliver us from evil.

Amen

Hail Mary

Hail Mary, full of Grace, the Lord is with you.
Blessed are you among women and blessed
is the fruit of your womb, Jesus. Holy Mary,
Mother of God, pray for us sinners, now and
at the hour of our death.

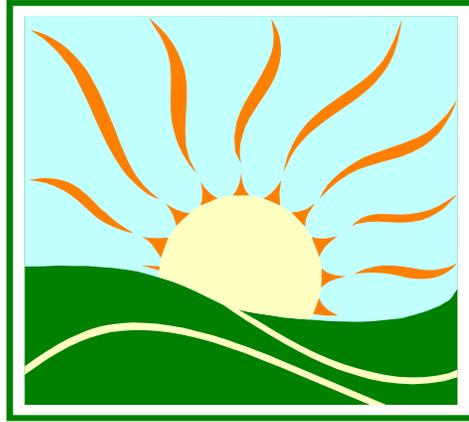
Amen



Guardian Angel's Prayer

Angel of God, my guardian dear,
To whom God's love commits me here,
Ever this day be at my side,
To light and guard, to rule and guide.

Amen



Morning Offering

Oh my God, I adore You and I love You with all my heart.

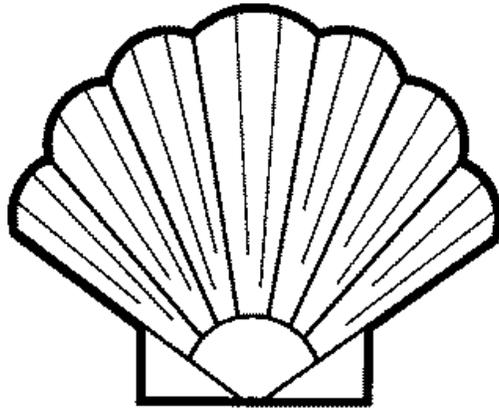
I thank You for having created me, having saved me by Your Grace and for having preserved me during the night.

I offer You all my prayers, works, joys and sufferings this day.

Grant that they may be all according to Your will and for Your greater glory.

Keep me from all sin and evil and may Your Grace be with me always and with those I love.

Amen



Isaiah 43:2-4

Do not be afraid,
for I have redeemed you.

I have called you by your name,
you are mine.

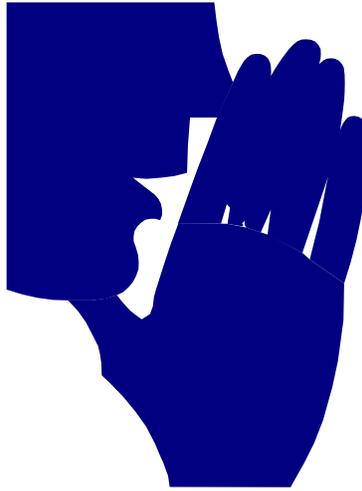
Should you pass through the sea,
I will be there with you.

Or through rivers, they will not
swallow you up.

Should you walk through fire,
you will not be scorched and
the flames will not burn you.

You are precious in my eyes - -
I love you.

Do not be afraid, for I am with you.



Act of Contrition

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against You, whom I should love above all things. I firmly intend, with Your help, to do penance, to sin no more and to avoid whatever leads me to sin.

The Confiteor

I confess to Almighty God, and to you, my brothers and sisters, that I have sinned through my own fault, in my thoughts and in my words, in what I have done and what I have failed to do, and I ask Blessed Mary, ever Virgin, all the angels and saints, and you, my brothers and sisters, to pray for me to the Lord, Our God.



Act of Faith

O my God, I firmly believe that You are the one God in three Divine Persons - - Father, Son and Holy Spirit. I believe that Your Divine Son became man and died for our sins and that He will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches, because You revealed them, Who can neither deceive nor be deceived.

Act of Hope

Oh my God, relying on Your infinite goodness and promises, I hope to obtain the pardon of my sins, the help of Your grace and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer.



Act of Love

Oh my God, I love You above all things, with my whole heart and soul, because you are all good and worthy of all my love. I love my neighbour as myself for the love of You. I forgive all who have injured me and I ask pardon of all whom I have injured



Prayer For Vocations

O God, You have chosen the apostles to make disciples of all nations and by baptism and confirmation have called all of us to build up Your Holy Church. We earnestly implore You to choose from among us, Your children, many Priests, Brothers and Sisters who will love You with their whole heart and will gladly spend their entire lives to make You known and loved by all.

Amen



Prayer For Reverence For Life

Almighty God, giver of all that is good, we thank You for the precious gift of human life:

- for life in the womb, coming from Your creative power,
- for the life of children, making us glad with their freshness and promise,
- for the life of young people, hoping for a better world,
- for the life of the handicapped and disabled, teaching us humility,
- for the life of the elderly, witnessing to the ageless values of patience and wisdom.

Like Blessed Mary, may we always say "YES" to Your gift. May we defend it and promote it from conception to its natural end. And bring us at last, O Father, to the fullness of eternal life in Jesus Christ Our Lord.

Amen



Evening Prayer

Oh my God, I adore You and I love You with all my heart. I thank You for having created me and saved me by Your grace and for having preserved me during this day. I pray You will take for Yourself whatever good I might have done this day and that You will forgive me whatever evil I have done. Protect me this night and may Your grace be with me always.

Amen



The Beatitudes

Blessed are the poor in spirit
for theirs is the kingdom of heaven.

Blessed are those who mourn
for they will be comforted.

Blessed are the meek
for they will inherit the earth.

Blessed are they that hunger
and thirst for righteousness
for they will be filled.

Blessed are the merciful
for they shall be shown mercy.

Blessed are the pure in heart
for they will see God.

Blessed are the peacemakers
for they will be called the sons of God.

Blessed are those who are persecuted because of
righteousness
for theirs is the kingdom of heaven.

Matthew 5:3-20



The Memorare

Remember, O most gracious Virgin Mary,
that never was it known
that any one who fled to your protection,
implored your help
or sought your intercession,
was left unaided.
Inspired with this confidence,
I fly unto you,
O Virgin of virgins, my Mother.
To you I come, before you I stand,
sinful and sorrowful;
O Mother of the Word Incarnate,
despise not my petitions,
but in your mercy
hear and answer me.

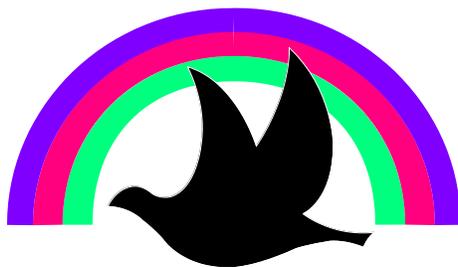
Amen

The Memorare,
from the Latin 'remember'
is attributed to the Cistercian
St. Bernard of Clairvaux



Do not let your hearts be troubled.
Trust in God still, and trust in me.
There are many rooms in my Father's house;
if there were not, I should have told you. I
am going now to prepare a place for you,
and after I have gone and prepared you a
place,
I shall return to take you with me;
so that where I am you may be too.
You know the way
to the place where I am going.

John 14:1-4



I Said a Prayer for You Today

I said a prayer for you today
And knew God must have heard
I felt the answer in my heart
Although He spoke no word.
I didn't ask for wealth or fame.
I knew you wouldn't mind,
I asked Him to send treasures
Of a far more lasting kind.
I asked that He'd be near you
At the start of each new day
To grant you health and blessings
And friends to share your way.
I asked for happiness for you
In all things great and small
But it was for His loving care
I prayed the most of all.



Looking to the Past

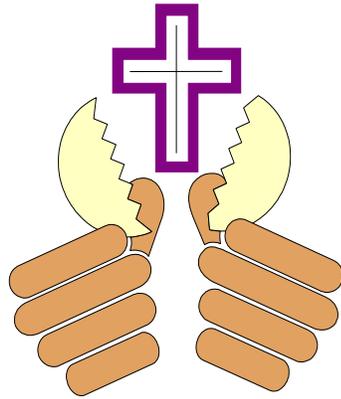
Thank you, loving God,
for the wonderful gift of life
that you have seen fit
to share with me.

Thank you
for the happy days of childhood,
for all games and friends.

Thank you
for the excitement of learning
and for the knowledge of this earth.

Thank you
for the strength of the mature years,
for the work that I did,
the places I saw,
the people I helped.

Thank you
for opening my heart to love,
for the special people who loved me,
and for surrounding me
with my family and yours.



I Will Be With You

God says, I am covenanted,
committed forever to love you;
to do whatever is best for you.
I will be kind, encouraging and enabling,
but I will also be challenging.
At times I will come to comfort you
in your affliction.
At other times, I will come to afflict you
in your comfort.
Whatever I do, it will always be an act of love
and an invitation to growth.
I will be with you to illuminate your darkness,
to strengthen your weakness,
to fill your emptiness,
to heal your brokenness,
to cure your sickness,
to straighten what may be bent in you
and to revive whatever good things may have
died in you.
Remain united to me,
accept my love,
enjoy the warmth of my friendship,
avail yourself of my power
and you will bear much fruit.
You will have life in all its fullness.



Thank you
for letting me live in exciting days.

Give your blessing
to all my acts, past and present,
that they may lead to a happier world
when I am gone.

Thank you, loving God,
for pain, for suffering,
for tears, for laughter,
for the air, the rain,
the sky, and the earth.

Thank you
for the life I have lived
and for the life
I will live in heaven
with you forever.

Amen

Footprints

One night a man had a dream. He dreamed he was walking along the beach with the Lord. Across the sky flashed scenes from his life. For each scene, he noticed two sets of footprints in the sand; one belonging to him and the other to the Lord.

When the last scene of his life flashed before him, he looked back at the footprints in the sand. He noticed that many times along the path of his life there was only one set of footprints. He also noticed that it happened at the very lowest and saddest times of his life.

This really bothered him and he questioned the Lord about it.

“Lord, You said that once I decided to follow You, You’d walk with me all the way. But I have noticed that during the most troublesome times in my life, there is only one set of footprints. I don’t understand why, when I needed You the most, You would leave me.”

The Lord replied, “My precious, precious child, I love you and I would never leave you. During your times of trial and suffering, when you saw only one set of footprints, it was then that I carried you.”

Margaret Fishback Powers



When I discover
that I am poor,
that I am confused,
but,
that You call me by my name,
that You love me,
then,
this is the
moment of transformation:
man transformed
into Jesus,
living Jesus,
born of the Spirit,
which all Christians should be.

This will come only when that miracle takes place and I
discover that I am loved as I am, in my own poverty,

and that Jesus will use me in spite of my stupidity, my
lowliness, my weakness.

Then I am transformed

I can do all things

because it is no longer

I that do them.

I know that You will be there,

I know that You will work in me, Jesus.

I can speak Your word,

I can give Your peace.

I can call forth in people, Jesus.

I can communicate the Spirit.

I can tend towards sanctity

and union with Jesus,

not because I am anything,

but, precisely because

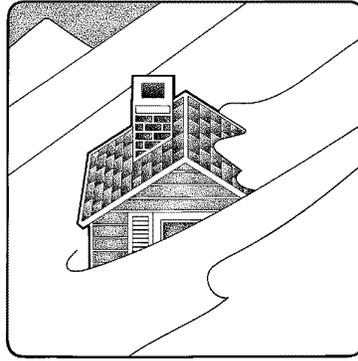
I am nothing;

precisely because I know that

You are living in me

You will do it through me.

Author unknown



Lord, listen to me.
Even surrounded by my friends,
I sometimes feel loneliness that enters my heart
like the sorrow of a winter night.

So I beg You:
Give me as my family
all the angels and the saints
who live in Your presence.
Let them speak to me about You,
those who know how much You love us.

Then, with a happy heart,
I will go to find my brothers and sisters to tell them
that You are expecting all of us in Your home
for the eternal celebration.



Illness has Meaning

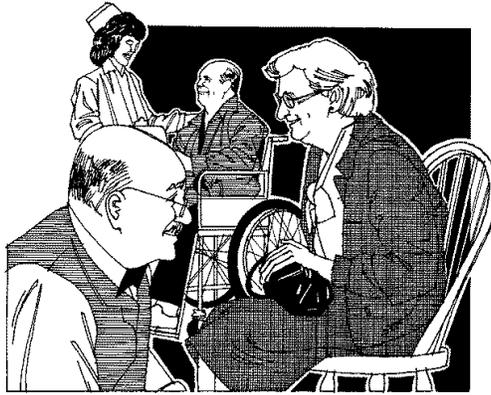
When you are ill, remember that illness is as much a part of life as health and vigor.

In music, we have 'rests' during which there must not be heard the sound of voice or instrument. Otherwise, the beauty and harmony of the whole would be impaired.

So, in illness, accept it and be uncomplaining.

The Great Conductor knows what He is doing. If you but cooperate, yours will be a beautiful symphony, which will lead to joy everlasting.

Sister Mary Cecilia, SM



We pray to You, Lord, for our bodies.

You have given them to us
to reveal ourselves to one another,
to communicate with our brothers and sisters,
to express our internal adoration of You.

Do not ever deprive us of them.
They are our earthly dwelling places:
transfigure them into eternal dwelling places
on the day of Your return.

They are our bodies of misery today:
transform them into images of Your glorified body
on the day of Your resurrection.

They are disfigured by suffering and death:
dress them in the garment of Your splendor
for the feast of the new heavens
and the new earth.



The Gift Of Joy

Grant me, O Lord, the royalty of inward happiness and the serenity which comes from living close to Thee.

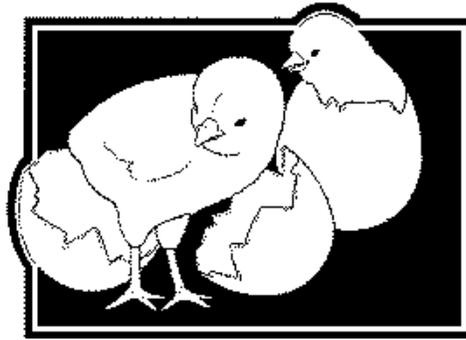
Daily renew in me the sense of joy, and let the eternal Spirit of the Father dwell in my soul and body, filling every corner of my heart with light and grace, so that bearing about with me the infection of good courage, I may be a diffuser of life and may meet all ills and cross accidents with gallant and high-hearted happiness, giving Thee thanks always for all things.

L.H.M. Soulsby

An Adaptation of "The 12 Steps"

1. Admit we are powerless – that our lives have become unmanageable.
2. Come to believe that a Power greater than ourselves can restore us to sanity.
3. Make a decision to turn our will and our lives over to the care of God as we understand Him.
4. Make a searching and fearless moral inventory of ourselves.
5. Admit to God, to ourselves and to another human being the exact nature of our wrongs.
6. Be entirely ready to have God remove all these defects of character.
7. Humbly ask Him to remove our shortcomings.
8. Make a list of all persons we have harmed and become willing to make amends to them all.
9. Make direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continue to take personal inventory and when we are wrong promptly admit it.
11. Seek through prayer and meditation to improve our conscious contact with God, as we understand Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, try to carry this message to others and to practice these principles in all our affairs.

from Alcoholics Anonymous



Death brings sorrow to others . . . when it comes, we shall find to our surprise how pleasant it is. All delusion will be at an end, the sorrow, the incoherence of life - all these things click into place. I see the whole thing fitting in one perfect, faultless design, the love, the care, the watchfulness of God, as I could never see it before . . .

The love of God has pursued me all my life, and it is never closer than at the moment we call death When the body fails, my soul can be stronger than ever. I'm unconscious through the senses, but my soul, I believe, is never more conscious. There may be - it is my belief that there is - a greater, higher, more spiritual activity than ever before. God said, "With everlasting love have I loved thee!" Can we think of Him as letting us fall, dropping us like logs, in that last moment? No, I believe that so far from being the horror that we think it is, when it does come, it is going to be the happiest happening of the whole of my life.

Spiritual Teaching of Fr. Stuart



Your Return Is Near

“Yes, Your return is near!
Oh yes, come, Lord Jesus!”

Soon I am going to see You,
O my God,
and I rejoice for that day.

Not for what I am,
not for what I have,
but just because I am nothing
and my hands are empty before You.

Because I depend on You, Lord,
and I rejoice for that great feast day
when my misery will meet
Your mercy.



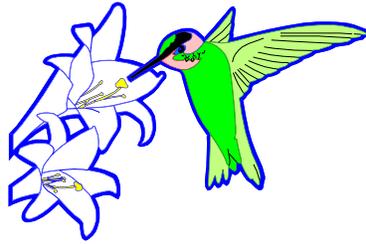
Psalm 23

The Lord is my shepherd,
there is nothing I shall want.
Fresh and green are the pastures
where He gives me repose.
Near restful waters He leads me,
to revive my drooping spirit.

He guides me along the right path;
He is true to His name.
If I should walk in the valley of darkness no evil
would I fear.
You are there with your crook and Your staff;
with these You give me comfort.

You have prepared a banquet for me
in the sight of my foes.
My head You have anointed with oil,
my cup is overflowing.

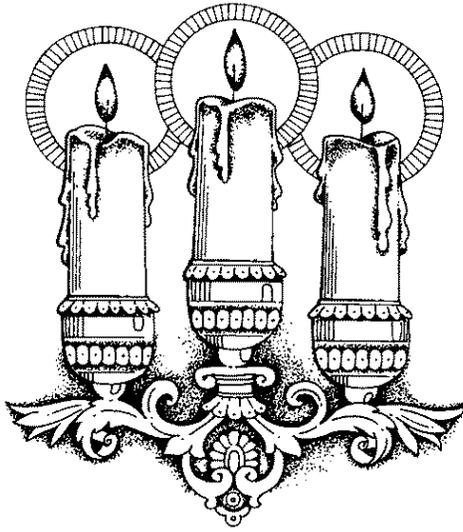
Surely, goodness and kindness shall follow me all
the days of my life.
In the Lord's own house shall I dwell for ever and
ever.



Do not look forward to the trials and crosses of this life with dread and fear. Rather, look to them with full confidence that, as they arise, God, to whom you belong, will deliver you from them. He has guided and guarded you thus far in life. Do you but hold fast to His dear hand, and He will lead you safely through all trials. Whenever you cannot stand, He will carry you lovingly in His arms.

Do not look forward to what may happen tomorrow. The same loving God who cares for you today will take good care of you tomorrow and every day of your life. Either He will shield you from suffering or He will give you the unfailing strength to bear it.

Be at peace then and put aside all useless thoughts, vain dreads, and anxious imaginations.



God be in my head,
and in my understanding;

God be in my eyes,
and in my looking;

God be in my mouth,
and in my speaking;

God be in my heart,
and in my thinking;

God be at my end,
and at my departing.

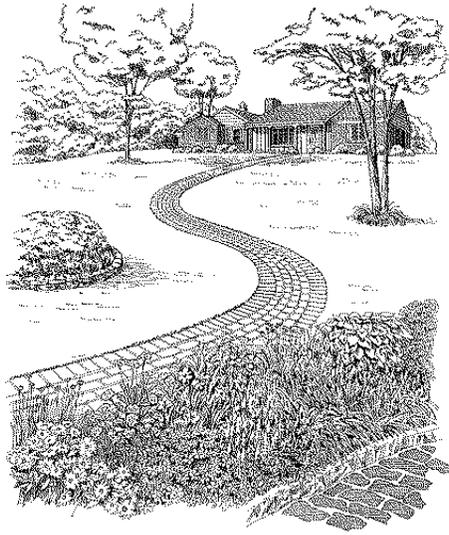


Lord, thank You for each moment,
for the blue-sky moment,
the softening earth,
the freshening wind,
for the sap flowing,
the bird nesting,
the yellow bush,
for my full heart
and the joy rising in me.

Soften me
to receive whatever comes as a gift
and to praise You in it.

Lord, thank You for each moment,
for the twilight moment,
the mysterious sunset,
for my contented heart
and the wisdom growing inside me.

Gentle me
to feel whatever comes as a gift
and to praise You in it.



The Path Of Your Return

Lord Jesus,
may You Yourself prepare
in the wilderness of our hearts
the path of Your return.

The hills of our pride -
tear them down with Your humility.
The valleys of our despair -
fill them with Your hope.
The winding roads of our lives -
straighten them with Your truth,
and let bloom in our desert
the daffodils of Your joy.

Then will we be able to see Your glory
and adore Your presence
in the face of each of our
brothers and sisters.

And God Said, "No"

I asked God to take away my pride and God said, "No". He said it was not for Him to take away, but for me to give up.

I asked God to make my handicapped child whole and God said, "No". He said her spirit is whole, her body is only temporary.

I asked God to grant me patience and God said, "No". He said that patience is a by-product of tribulation. It isn't granted, it's earned.

I asked God to give me happiness and God said, "No". He said He gives blessings. Happiness is up to me.

I asked God to spare me pain and God said, "No". He said, "Suffering draws you apart from worldly cares and brings you closer to Me."

I asked God to make my spirit grow and God said, "No". He said I must grow on my own, but He will prune me to make me fruitful.

I asked God to help me love others as much as He loves me. And God said, "Ah, finally, you have the idea."

A Prayer from St. Augustine

Late have I loved You,
O beauty ever ancient, ever new!

Late have I loved You
And behold,
You were within,
and I without,
and without I sought You.

And deformed,
I ran after those forms of beauty
You have made.

You were with me,
and I was not with You,
those things held me back from You,
things whose only being
was to be in You.

You called;
You cried;
and You broke through my deafness.

You flashed;
You shone;
And You chased away my blindness.

You became fragrant;
And I inhaled and sighed for You.

I tasted,
and now hunger and thirst for You.

You touched me;
And I burned for Your embrace.

Strength and Courage

It takes strength to be certain,
It takes courage to have doubts.

It takes strength to fit in,
It takes courage to stand out.

It takes strength to share a friend's pain,
It takes courage to feel your own pain.

It takes strength to hide your own pain,
It takes courage to show it
and deal with it.

It takes strength to stand guard,
It takes courage to let down your guard.

It takes strength to conquer,
It takes courage to surrender.

It takes strength to endure abuses,
It takes courage to stop them.

It takes strength to stand alone,
It takes courage to lean on a friend.

It takes strength to love,
It takes courage to be loved.

It takes strength to survive,
It takes courage to live.

May you find strength and courage in everything you
do,
and may your life be filled with friendship and love!

Author Unknown



A Blessing

A blessing is a power,
the power comes from deep within
and reaches into someone else.

Blessings are not passing thoughts or quick messages.

Blessings are deep words to live with,
to dwell, to grow by.

They are part of someone else given to you to treasure.
They come from the Christ in me
And reach out to the Christ in you.
They are part of my life power
That longs to stir your spirit.

N. Habel



You are a people maker.

Look!

You smile and they come to life.

You frown – they wilt.

You pull within yourself – they retreat.

But when you aim belief at them,

They rush forth from all kinds of dungeons,

And they are beautiful!

You are a people maker.



Psalm 139

O Lord, You search me and You know me,
You know my resting and my rising,
You discern my purpose from afar.
You mark when I walk or lie down,
All my ways lie open to You.

O where can I go from Your spirit,
Or where can I flee from Your face?
If I climb to the heavens You are there.
If I lie in the grave, You are there.

If I take the wings of the dawn
And dwell at the sea's furthest end,
Even there Your hand would lead me,
Your right hand would hold me fast.

For it was You who created my being
Knit me together in my mother's womb.
I thank you for the wonder of my being,
For the wonders of all Your creation.

O search me, Lord, and know my heart.
O test me and know my thoughts.
See that I follow not the wrong path
And lead me in the path of life eternal.

A Spirit To Know You

Gracious and holy God,
Please give me:

Intellect to understand You,
Reason to discern You,
Diligence to seek You,
Wisdom to find You,
A spirit to know You,
A heart to meditate upon You,
Ears to hear You,
Eyes to see You,
A tongue to proclaim You,
A way of life pleasing to You,
Patience to wait for You
And perseverance to look for you.

Grant me a perfect end –
Your holy presence,
A blessed resurrection
And life everlasting.

St. Benedict of Nursia

Fasting & Feasting

Fast from judging others
Feast on the Christ dwelling in them.

Fast from emphasis on differences
Feast on the unity of life.

Fast from apparent darkness
Feast on the reality of light.

Fast from thoughts of illness
Feast on the healing power of God.

Fast from words that pollute
Feast on words that purify.

Fast from discontent
Feast on gratitude.

Fast from anger
Feast on patience

Fast from pessimism
Feast on optimism.

Fast from worry
Feast on Divine Providence.

Fast from complaining
Feast on appreciation.

Fast from negatives
Feast on affirmatives.

Fast from unrelenting pleasures

Feast on unceasing prayer.

Fast from hostility
Feast on peace.

Fast from bitterness
Feast on forgiveness.

Fast from self-concern
Feast on compassion for others.

Fast from personal anxiety
Feast on trust.

Fast from discouragement
Feast on hope.

Fast from acts that tear down
Feast on acts which build up.

Fast from thoughts that weaken
Feast on promises that inspire.

Fast from idle gossip
Feast on purposeful silence.

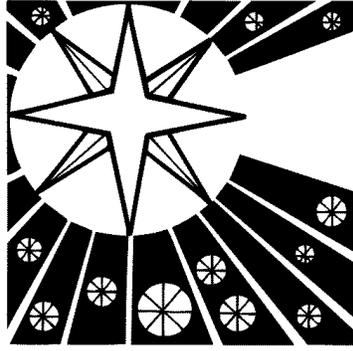
Fast from problems which overwhelm
Feast on prayer.



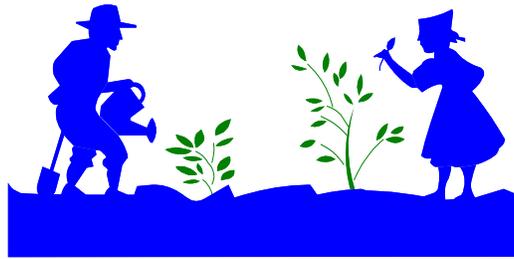
In the busyness of this day
Grant me a stillness of seeing, O God.
In the conflicting voices of my heart
grant me a calmness of hearing.
Let my seeing and hearing
my words and my actions
be rooted in a silent certainty
of Your presence.

Let my passions for life
and the longings for justice
that stir within me
be grounded in the experience of Your stillness.

Let my life be rooted in the ground of Your peace, O
God,
Let me be rooted in the depths of Your peace.



The light of God surrounds me,
The love of God enfolds me,
The power of God protects me,
The presence of God watches over me,
Wherever I am, God is.



May your heart always
find peace and comfort in the knowledge that you are
never alone.

May God's presence ease your spirit and give you rest
when you need it. He knows how you feel.

He is ever aware of your circumstances and ready to
be your strength, your grace, and your peace. He is
there to cast sunlight into all of your darkened shadows,
to send encouragement through the love of friends
and family, and to replace your weariness with new
hope.

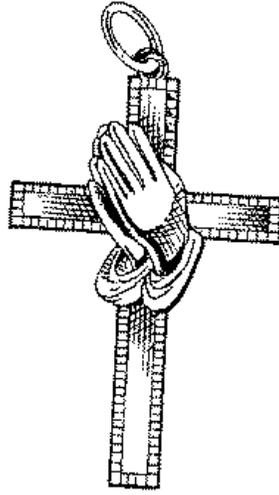
God is your stronghold, and with Him as your guide, you
need never be afraid. No circumstances can block His
love. No grief is too hard for Him to bear. No task is too
difficult for Him to complete. When what you are
feeling is simply too deep for words and nothing
anyone does or says can provide you with the relief you
need, God understands.

He is your provider – today, tomorrow, and always.

And He loves you.

Cast all your cares on Him . . .

And believe.

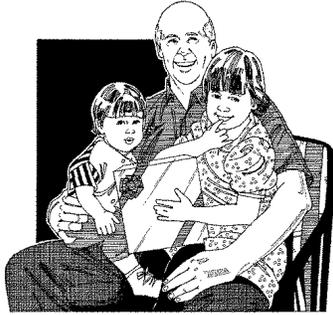


Psalm 27

The Lord is my light and my salvation,
Whom should I fear?
The Lord is my life's refuge;
Of whom should I be afraid?

One thing I ask of the Lord;
This I seek:
To dwell in the house of the Lord all the days of my life.
That I may gaze on the loveliness of the Lord and
contemplate His temple.

Hear, O Lord, the sound of my call;
Have pity on me, and answer me.
Of You my heart speaks;
You my glance seeks;
Your presence, O Lord, I seek.



The troubles we have in life, if we see them as part of God's loving plan and accept them as being what He wants for us, will actually help us to grow in knowledge and love of Him.

Even when things are at their worst, keep peace of heart and accept whatever God sends you as being for your good.

* * * * *

Be as simple as a child: always see the best in everyone and with good intention, excuse the one who hurts you, seeing whatever harm he does as the result of some temptation.

What destroys community is judging other people's actions while losing sight of one's own.

St. Paul of the Cross



Let Go

We have the capacity to live through any adversity if we simply let it go.

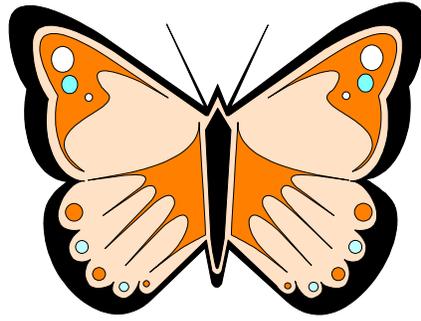
We cannot stop time or destiny.

Whatever is going to happen is already happened; we must learn how to see it through to the end.

When we hold on,
we prolong the pain.

When the time comes for growth and change,
we must have the courage and faith to let go.

Iyanla Vanzant



I know that at times I will be troubled,
I know that at times I will be laboured,
I know that at times I will be disquieted,
But I believe that I will not be overcome,
My faith and trust is in You, my God.

Julian of Norwich



People are such a part of our everyday lives that we seldom realize how important we are to each other. Most of the time perhaps, we go through each day without giving a thought to how we depend on each other. Yet in reality, each of us is God's gift to every person who is a part of our life. And each person who comes into our life, even if only briefly, even if in a way we may not like, is God's gift to us. We cannot live alone, we need people every day.

God, we give You thanks for all the people You have sent to be with us to love us, to befriend us, to be with us in good times and in bad. Shower Your blessings upon us.



The Adventure of Life is to Learn.

The Purpose of Life is to Grow.

The Nature of Life is to Change.

The Challenge of Life is to Overcome.

The Essence of Life is to Care.

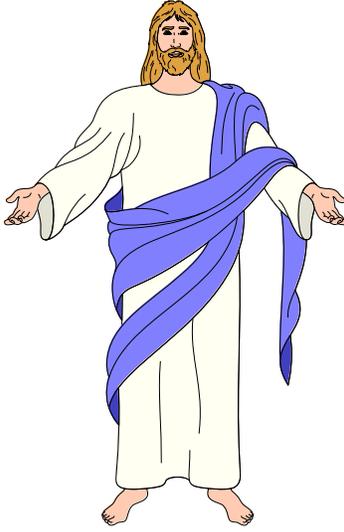
The Opportunity of Life is to Serve.

The Secret of Life is to Dare.

The Spice of Life is to Befriend.

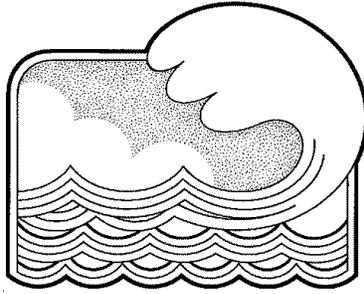
The Beauty of Life is to Give.

William Arthur Ward



Isaiah 42:10

Though things may seem hopeless,
“God, who has called us into fellowship is faithful.
No trial is so great that God cannot deliver us. No
pain is so great that He does not bring us comfort.
And no situation is ever without God’s presence. Do
not fear, for I am with you;
do not be dismayed, for I am your God.
I will strengthen you and help you;
I will uphold you with My righteous hand.”



Psalm 63

O God, you are my God,
For You I long;
For You my soul is thirsting.
I long for You like dry,
weary land without water.
Give me Your strength and Your glory.
I wish to praise You all my life.
Fill my soul as with a banquet.
I cling to You;
hold me close in Your hands.



Prayer
by John Henry Newman
for a holy death

May the Lord support us
all the day long,
Till the shades lengthen
and the evening comes
and the busy world is hushed, and the
fever of life is over,
and our work is done.

Then, in His mercy,
may He give us a safe lodging
and a holy rest,
and peace at last.

Amen



A Blessing for Old Age

May the light of your soul mind you,
May all of your worry and
anxiousness about becoming old be
transfigured,
May you be given a wisdom with the
eye of your soul to see this beautiful
time of harvesting.

May you have the commitment to
harvest your life, to heal what has
hurt you, to allow it to come closer to you and become
one with you.

May you have great dignity, may you have a sense of
how free you are
and above all may you be given the wonderful gift of
meeting the eternal light and beauty that is within you.
May you be blessed and may you
find a wonderful love in yourself for yourself.

John O'Donohue