

Do not look forward to what may happen tomorrow:
the same everlasting Father who cares for you today will take care of you tomorrow and every day.
Either God will shield you from suffering, or will give you unfailing strength to bear it.
Try to be at peace then.
Put aside anxious thoughts and imaginations of what 'might be', and say continually,
"The Lord is my strength and my shield. My heart has trusted in God and I am helped. God is not only
with me, but in me and I in God."

St Francis de Sales

Serenity Prayer

God, grant me the serenity to accept the things I cannot change,
courage to change the things I can,
and wisdom to know the difference.

A PRAYER OF ST FRANCIS OF ASSISI BEFORE THE CRUCIFIX

Most high, glorious God,
cast your light
into the darkness of my heart.
Give me, Lord,
right faith,
firm hope,
perfect charity,
and profound humility,
with wisdom and perception,
so that I may carry out
what is truly Your holy will.
Amen.

PERSISTENCE IN PRAYING

A CNN journalist heard about a very old Jewish man who had been going to the Western Wall in Jerusalem to pray, twice a day, every day, for a long, long time.

The journalist went to check it out.

At the Western Wall there he was, walking slowly up to the holy site. When he turned to leave after praying for about 45 minutes, using a cane and moving very slowly, the journalist approached him for an interview.

"Pardon me, sir, I'm from CNN. What's your name?"

"Morris Feinberg," he replied.

"Sir, how long have you been coming to the Western Wall and praying?"

"For about 60 years."

"60 years! That's amazing! What do you pray for?"

"I pray for peace between the Christians, Jews, and the Muslims. I pray for all the wars and all the hatred to stop. I pray for all our children to grow up safely as responsible adults and to love all people. I pray that politicians tell us the truth and put the interests of the people ahead of their own interests. And finally I pray that everyone will be happy.

"How do you feel after doing this for 60 years?"

"Like I'm talking to a brick wall!"