

# Prayers for Reflection

## Let Nothing Disturb You

Let nothing disturb you;  
let nothing dismay you;  
all things pass:

God never changes.

Practice attains  
all it strives for.

Those who have God  
find they lack nothing:

God alone suffices.

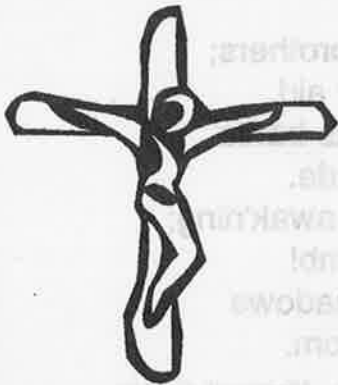
*Teresa of Avila*

## Blessing of Heart and Breath

Every beat of your heart,  
every breath of your mouth

Be blest as an act of love  
and bind you forever with  
God.

*adapted by John Shevin(England)*



May our Lord Jesus Christ  
and God our Father,  
who has shown us such love,  
and in his grace has given us  
such unfailing encouragement  
and so sure a hope, still  
encourage and strengthen you  
in every good deed and word

*2 Thessalonians 2:16-17*

The dark around us, come,  
Let us meet here together,  
Members of one another  
here in our holy room,

Here in our little floor,  
Here in the daylight sky,  
Rejoicing mind and eye,  
Rejoicing known and knower,  
Light, leaf, foot, hand and wing,  
Such order as we know  
One household, high and low,  
And all the earth shall sing.

*Wendell Berry*



Through the night of doubt and sorrow  
Onward goes the pilgrim band,  
Singing songs of expectation,  
Marching to the promised land.  
Clear before us through the darkness  
Gleams and burns the guiding light;  
Pilgrim clasps the hand of pilgrim  
Stepping fearless through the night.

Onward, therefore, sister, brothers;  
Onward, with the cross our aid.  
Bear its shame, and fight its battle  
Till we rest beneath its shade.  
Soon shall come the great awak'ning;  
Soon the rending of the tomb!  
Then the scatt'ring of all shadows  
And the end of toil and gloom.

*Bernard S. Ingemann - Nineteenth Century*

I give you a new commandment:  
love one another as I have loved you.

*John 13:*