

O my God,
I am heartily sorry for
having offended Thee,
and I detest all my sins,
because I dread the loss of heaven,
and the pains of hell;
but most of all because
they offend Thee, my God,
Who are all good and
deserving of all my love.
I firmly resolve,
with the help of Thy grace
to confess my sins,
to do penance
and to amend my life. Amen.

*The act of contrition - Rev. James
Gibbons – 1884*

You are the peace of all things calm
You are the place to hide from harm
You are the light that shines in dark
You are the heart's eternal spark
You are the door that's open wide
You are the guest who waits inside
You are the stranger at the door
You are the calling of the poor
You are my Lord and with me still
You are my love, keep me from ill
You are the light, the truth, the way
You are my Saviour this very day.

*You are god - celtic oral tradition - 1st
millennium*

Holy Spirit,
Giving life to all life,
Moving all creatures,
Root of all things,
Washing them clean,
Wiping out their mistakes,
Healing their wounds,
You are our true life,
Luminous, wonderful,
Awakening the heart from its ancient
sleep.

Hildegarde of Bingen - 12 century

Take, O Lord, and receive my entire
liberty,
my memory, my understanding and my
whole will.
All that I am and all that I possess You
have given me.
I surrender it all to You to be disposed
of according to Your will.
Give me only Your love and Your
grace;
with these I will be rich enough,
and will desire nothing more.

*Jesuit - St. Ignatius Loyola - 16th
century*

To everything there is a season,
a time for every purpose under the sun.
A time to be born and a time to die;
a time to plant and a time to pluck up
that which is planted;
a time to kill and a time to heal ...
a time to weep and a time to laugh;
a time to mourn and a time to dance ...
a time to embrace and a time to refrain
from embracing;
a time to lose and a time to seek;
a time to rend and a time to sew;
a time to keep silent and a time to
speak;
a time to love and a time to hate;
a time for war and a time for peace.

Ecclesiastes 3:1-8

Go placidly amid the noise and haste,
and remember what peace there may
be in silence.

As far as possible without surrender,
be on good terms with all persons.
Speak your truth quietly and clearly;
and listen to others,
even the dull and the ignorant;
they too have their story.

Avoid loud and aggressive persons,
they are vexations to the spirit.
If you compare yourself with others,
you may become vain and bitter;
for always there will be greater and
lesser persons than yourself.
Enjoy your achievements as well as
your plans.

Keep interested in your own career,
however humble;
it is a real possession in the changing
fortunes of time.
Exercise caution in your business
affairs;
for the world is full of trickery.
But let this not blind you to what virtue
there is;
many persons strive for high ideals;
and everywhere life is full of heroism.

Be yourself.
Especially, do not feign affection.
Neither be cynical about love;

for in the face of all aridity and
disenchantment
it is as perennial as the grass.

Take kindly the counsel of the years,
gracefully surrendering the things of
youth.
Nurture strength of spirit to shield you
in sudden misfortune.
But do not distress yourself with dark
imaginings.
Many fears are born of fatigue and
loneliness.
Beyond a wholesome discipline,
be gentle with yourself.

You are a child of the universe,
no less than the trees and the stars;
you have a right to be here.
And whether or not it is clear to you,
no doubt the universe is unfolding as it
should.

Therefore be at peace with God,
whatever you conceive Him to be,
and whatever your labours and
aspirations,
in the noisy confusion of life keep
peace with your soul.

With all its sham, drudgery, and
broken dreams,
it is still a beautiful world.
Be cheerful.
Strive to be happy.

Desiderata - Max Ehrmann - 1927