

## The lord is my shepherd

The Lord is my shepherd;  
I shall not want,  
He makes me lie down in green pastures;  
He leads me beside still waters.  
He restores my soul;

He guides me in right paths for His name's sake.  
Even though I walk through the valley of dark  
gloom I shall fear no evil,  
for You are with me;  
Your rod and staff, they comfort me.

You prepare a table for me  
in the sight of my enemies;  
You have anointed my head with oil;  
my cup runs over. Surely goodness and love shall  
follow me all the days of my life;  
And long shall I dwell in the house of the Lord.

*Psalm 23*

## The 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.  
Living one day at a time;  
Enjoying one moment at a time; Accepting  
hardships as the pathway to peace;  
Taking, as He did, this sinful world as it is,  
not as I would have it;  
Trusting that He will make all things right if  
I surrender to His Will; That I may be reasonably  
happy in this life and supremely happy with  
Him Forever in the next.

*Amen*

## A time for everything

There is a season for everything, a time  
for every occupation under heaven:  
A time for giving birth, a time for dying;  
A time for planting, a time for uprooting  
what has been planted;  
A time for killing, a time for healing;  
A time for knocking down, a time for building;  
A time for tears, a time for laughter;  
A time for mourning, a time for dancing;  
A time for throwing stones away, a time  
for gathering them up;  
A time for embracing, a time to refrain  
from embracing.  
A time for searching, a time for losing;  
A time for keeping, a time for throwing away.  
A time for tearing, a time for sewing;  
A time for keeping silent, a time for speaking;  
A time for loving, a time for hating;  
A time for war, a time for peace.

*Ecclesiastes 3:1-8*

## Night prayer

Blessed are You, Lord our God, King of the  
Universe, who causes the bands of sleep to fall  
upon my eyes, and slumber upon my eyelids.  
May it be Your will, Lord my God and God of  
my fathers, to allow me to lie down in peace,  
and to let me rise up again in peace.

*Unknown*



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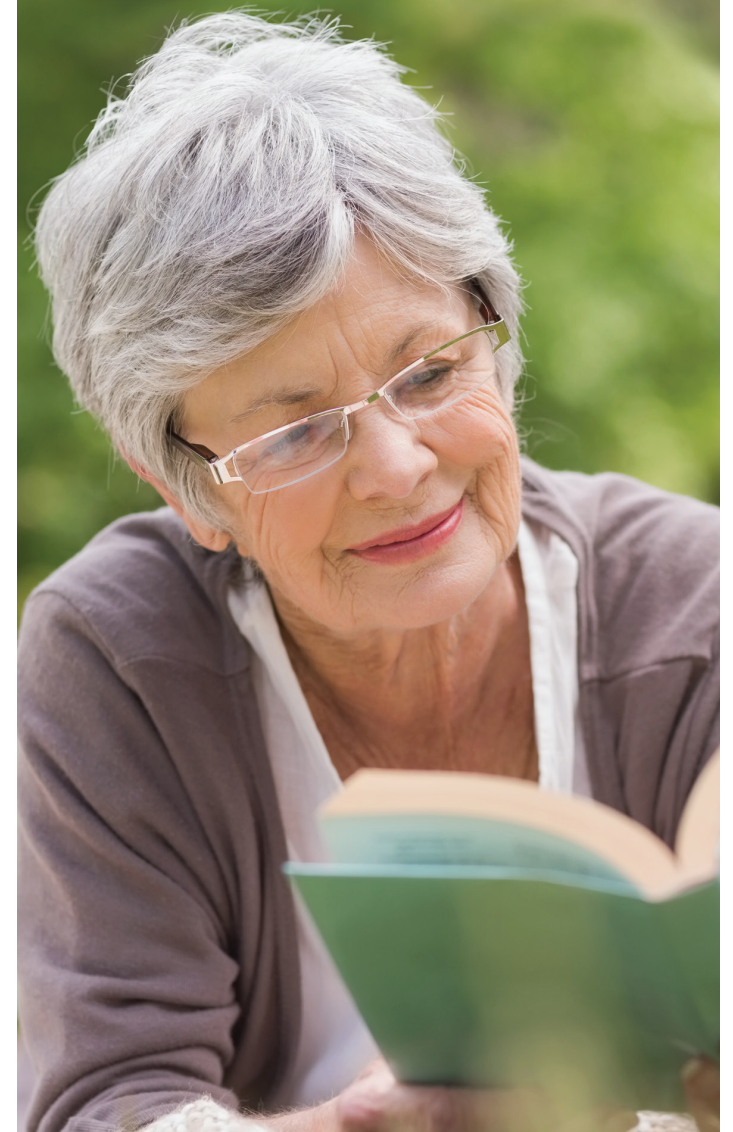
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## Pastoral Care

### WORDS OF INSPIRATION



## Footprints

One day, a man had a dream. He dreamed he was walking along the beach with the Lord. Across the sky flashed scenes from his life. 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 in 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 you would leave me when I need you most."

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

*Anonymous*



## Prayer of St Francis

Lord, make me an instrument of your peace.  
Where there is hatred,  
let me sow love.  
Where there is injury, pardon.  
Where there is doubt, faith.

Where there is despair, hope.  
Where there is darkness, light  
And where there is sadness, joy.

O Divine Master, grant that I may not so seek  
To be consoled as to console;  
To be understood as to understand;  
To be loved as to love;  
For it is in giving that we receive;  
It is in pardoning that we are pardoned;  
And it is in dying that we are born to eternal life.

*Drawing on various sources, January 2007*

## A prayer

Every day I need you Lord, but this day especially I need some extra strength to face whatever is to be. This day more than any day I need to feel you near, to fortify my courage and overcome my fear.

By myself I cannot meet the challenge of the hour. There are times when humans can help but we need a higher power to assist us to bear what must be borne.

And so, dear Lord, I pray – hold on to my trembling hand and be near me today.

*Unknown*

## A blessing

May the light of your soul mind you.  
May all of your worry and anxiousness about becoming old be transfigured.

May you be given wisdom for 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 "Anam Cara" pg 242*

## The lords prayer

Our Father who art in heaven,  
Hallowed be thy name.

Thy kingdom come.

Thy will be done on earth as it is in heaven.

Give us this day our daily bread.

And forgive us our debts,  
As we also forgive our debtors.

And lead us not into temptation.

But deliver us from evil.

*Amen*