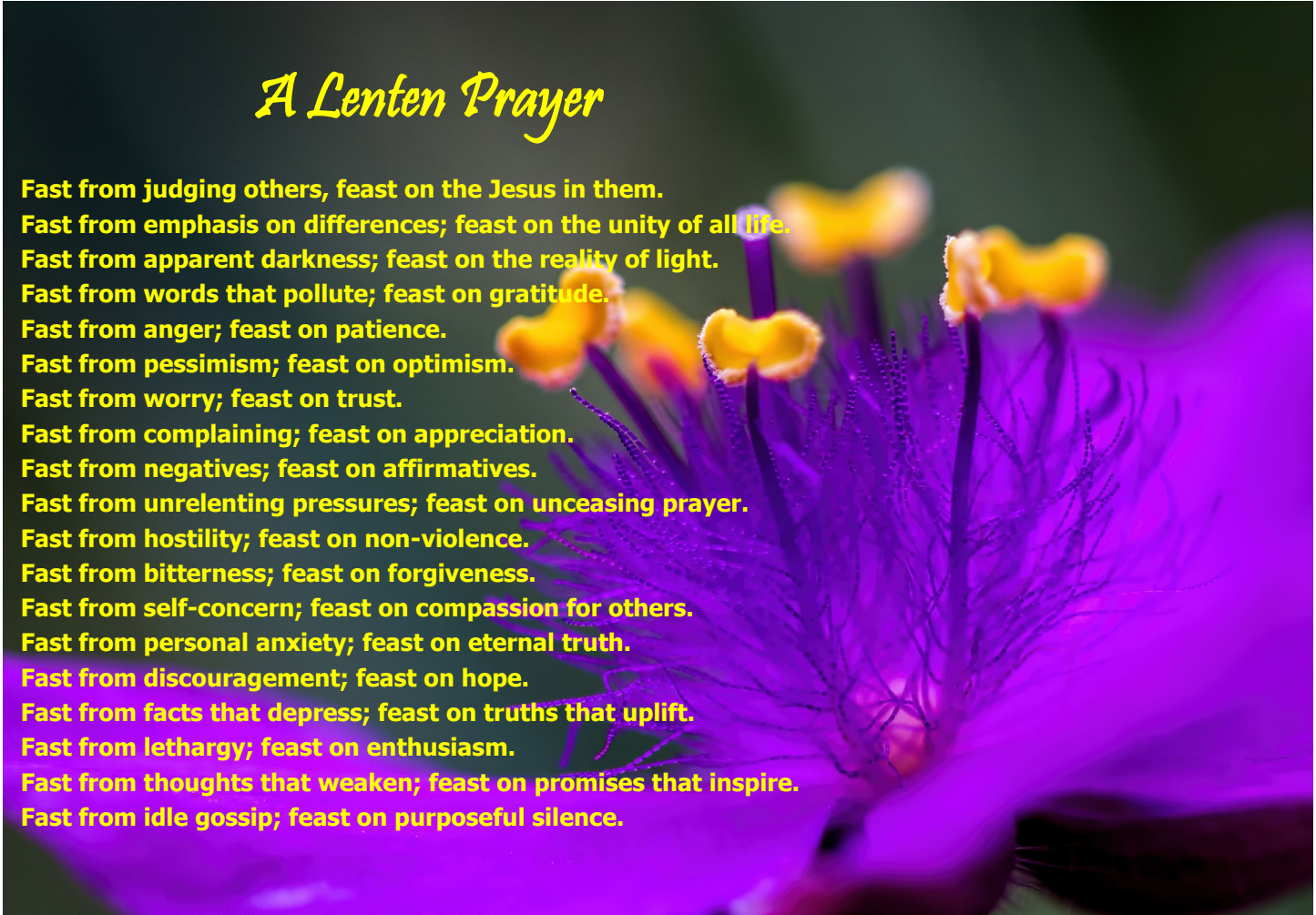



A Lenten Prayer



Fast from judging others; feast on the Jesus in them.
Fast from emphasis on differences; feast on the unity of all life.
Fast from apparent darkness; feast on the reality of light.
Fast from words that pollute; feast on gratitude.
Fast from anger; feast on patience.
Fast from pessimism; feast on optimism.
Fast from worry; feast on trust.
Fast from complaining; feast on appreciation.
Fast from negatives; feast on affirmatives.
Fast from unrelenting pressures; feast on unceasing prayer.
Fast from hostility; feast on non-violence.
Fast from bitterness; feast on forgiveness.
Fast from self-concern; feast on compassion for others.
Fast from personal anxiety; feast on eternal truth.
Fast from discouragement; feast on hope.
Fast from facts that depress; feast on truths that uplift.
Fast from lethargy; feast on enthusiasm.
Fast from thoughts that weaken; feast on promises that inspire.
Fast from idle gossip; feast on purposeful silence.



Blessing for a Volunteer

You have blessed others with the gift of yourself

with the gift of your time

with the gift of your heart

You have been kind

You have been patient

You have been faithful.

As you are a blessing to others

May you be blessed as well with

generous hearts to share your journey

with hands of friendship in times of need

with a clear understanding

that you have enriched our lives

For this we are grateful!

Birthday Prayer

God, blessed my friend on this wonderful occasion.
With joyful hearts and lighted candles, we praise You, O Lord of Time,
as we are grateful for holidays and festivals,
for birthdays and anniversaries.

On this special day, smile upon us, who continue to celebrate life.
By this celebration of the anniversary of birth,
we proclaim You as the Holy Center around which all life dances and celebrates.

Blessed are You Sustainer of all, who has given to us Your ever-green
your ever-life-full and never dying seed.

With bird-song and wind-whisper, with waving grain and bowing branch,
with candle flames and festive food, we bless your Holy Name.

we bless Your Holy Name.

Blessed are you, Lord our God. who gives us birthdays as times of joy.

Author Unknown



Baptism Prayer

God of Love, my whole being is thrilled with the
Divine Life you've shared with me in baptism!

May this new life grow within me as time passes
so I may resemble your image within me.

May I always be thoughtful and kind to those
I meet along the way.

May I continue celebrating the life you gave me.

May I be grateful for the gifts and talents you have given
me.

May you continue to bless me with good health and
a humble and gentle spirit.

May you bring the peace, we all yearn for into our families
as well as into our world.

Dorothy K. Ederer

First Communion Prayer

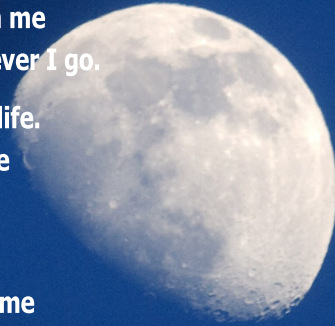
Jesus, I thank you for sharing your life with me.
Your bread nourishes my spirit.

I pray Your love will grow within me
So I may be a reflection of you wherever I go.

Jesus, You are the center of my life.
Open my eyes to see your love
in others and fill my heart
with compassion and mercy .

Help me to trust you in guiding me
through out my life.
I love you.

Dorothy K. Ederer



Confirmation Prayer

Dear Jesus, I've committed myself to you in a lifelong friendship.

Help me to know you, to understand you,
and be more like you.

Fill my heart with love and compassion.

Help me to be understanding and forgiving.

Encourage me to stand up for what I believe,
even if I have to stand alone.

Guide me in being gentle and kind to all those
I meet along the way.

Help me to believe in myself and not hold back in sharing
the gifts and talents you have given me.

May I always be faithful in my commitments,
in my prayer life and in my friendships.

Help me to reflect the Divine Life that you have shared with me.

Dorothy K. Ederer





Promise Yourself

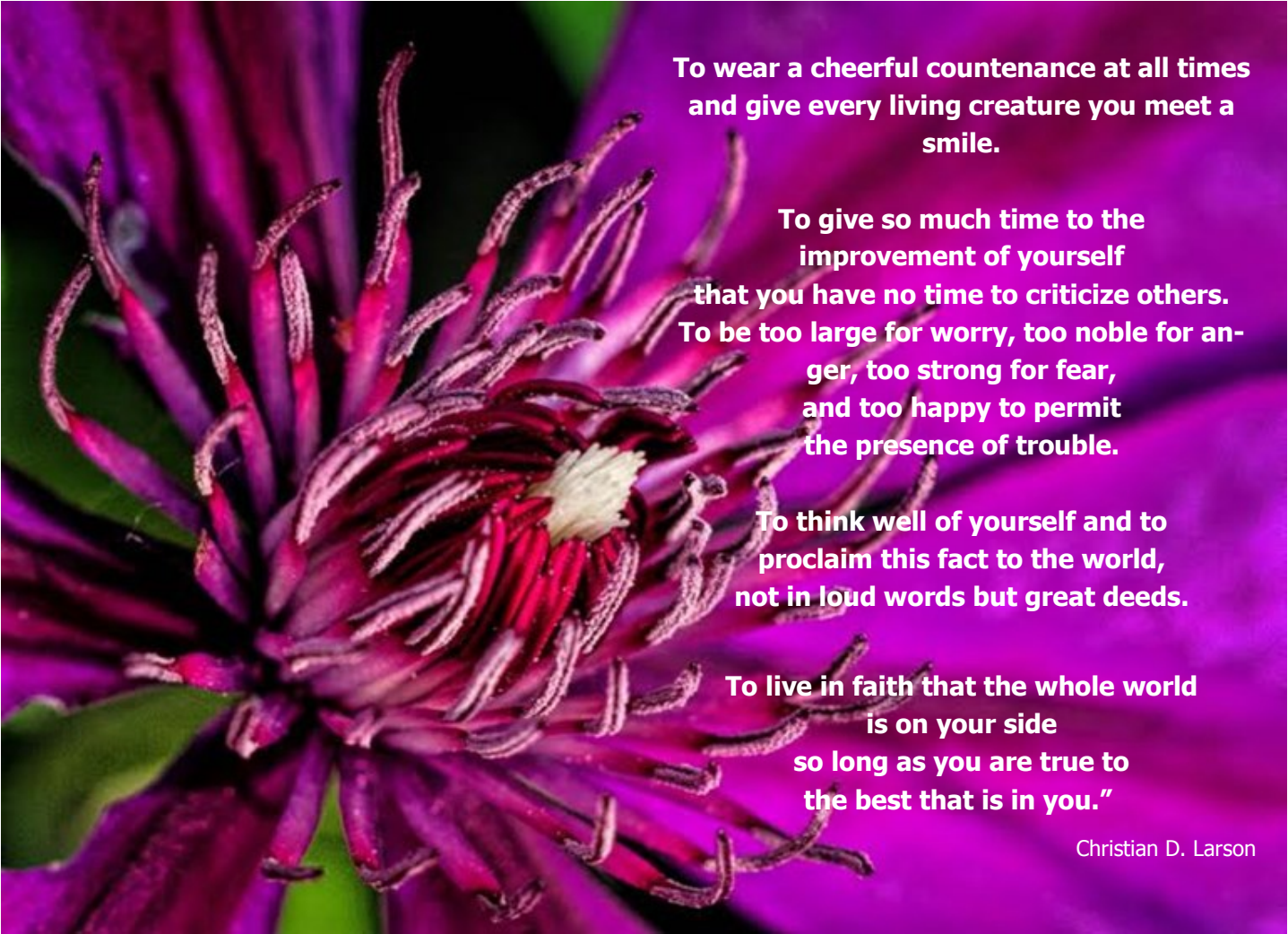
**To be so strong that nothing
can disturb your peace of mind.
To talk health, happiness, and prosperity
to every person you meet.**

**To make all your friends feel
that there is something good in them.
To look at the sunny side of everything
and make your optimism come true.**

**To think only the best, to work only
for the best,
and to expect only the best.**

**To be just as enthusiastic about the
success of others
as you are about your own.**

**To forget the mistakes of the past
and press on to the greater achievements of
the future.**



**To wear a cheerful countenance at all times
and give every living creature you meet a
smile.**

**To give so much time to the
improvement of yourself
that you have no time to criticize others.
To be too large for worry, too noble for an-
ger, too strong for fear,
and too happy to permit
the presence of trouble.**

**To think well of yourself and to
proclaim this fact to the world,
not in loud words but great deeds.**

**To live in faith that the whole world
is on your side
so long as you are true to
the best that is in you."**

Christian D. Larson



Morning Prayer

Good morning God.

Thank you for the gift of life.

Thank you for my family and friends.

**Thank you for loving me as I am with all
my faults and weaknesses.**

**Help me to accept and love myself so that I may
love others as you love them.**

**May I be a source of strength and healing to
those confused and hurting.**

**Help me to be patient and considerate of others.
Heal me of any negativism or anger.**

God, bless me in all I do today.

**Help me to reflect you today in how I treat others
and in how I think, speak, work and play.**

**Protect me from anything that may distract me
from following you.**

**Send your spirit to be in my heart and in my
home.**

Dorothy K. Ederer

Evening Prayer

Jesus, thank you for today and for being my faithful friend.

You are patient and understanding of my weaknesses.

Help me to be patient with myself and others, and forgiving of myself and others.

Thank you for listening when I am hurting.

May I accept criticism graciously.

Remove whatever barriers that may prevent a greater intimacy with you.

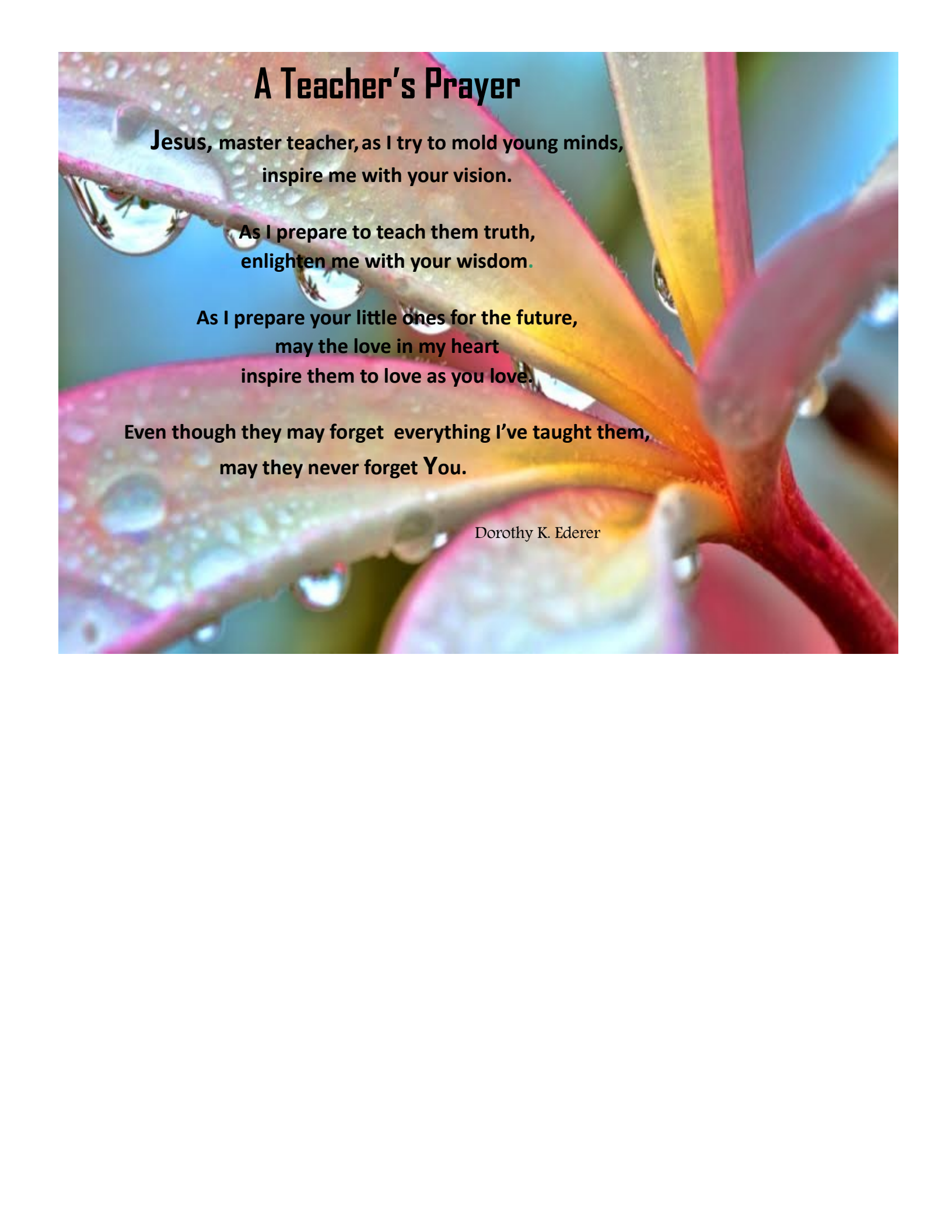
Help me to trust that you are always with me through difficult times.

May I always feel the strength of your presence in my confusion and weakness.

**Give me the courage to follow wherever you may lead and the trust that wherever
you lead will always end well.**

Help me, Jesus, to share your love and compassion with others.

Dorothy K. Ederer



A Teacher's Prayer

**Jesus, master teacher, as I try to mold young minds,
inspire me with your vision.**

**As I prepare to teach them truth,
enlighten me with your wisdom.**

**As I prepare your little ones for the future,
may the love in my heart
inspire them to love as you love.**

**Even though they may forget everything I've taught them,
may they never forget **You**.**

Dorothy K. Ederer

Confidence

You deserve to be more confident than you are.
Your self doubts are not nearly so well-founded as you think.

Don't be so hard on yourself.

Let go of those persistent doubts,
and let confidence take their place.

Whether you've ever even realized it, you are an achiever.

Though occasionally life can make you feel helpless,
you are actually someone who is very good at finding ways
to get things done.

It's not arrogant or presumptuous to believe in yourself.

Indeed, it is an acknowledgment of reality and
the starting point for making all of life better.

The fact is, you are skilled and resourceful,
capable and experienced.

When you want to be, you can be passionate, inspired,
persistent and highly effective.

No one benefits when you hold yourself back.

So go ahead, believe in yourself, give yourself the confidence
you deserve, and do those great and
wonderful things that are yours to do.

Ralph Marston

The background of the image is a solid blue color. In the center, there is a reflection of autumn leaves in water. The leaves are in various shades of red, orange, and brown, with some showing detailed vein patterns. The reflection is clear and mirrors the leaves above it.

Be Yourself, but be your best self.

Dare to be different and to follow your own star...and don't be afraid to be happy.

Enjoy what is beautiful.

Love with all your heart and soul.

Believe that those you love, love you.

When you are faced with a decision, make that decision as wisely as possible— then forget it.

The moment of absolute certainty never arrives.

Above all, remember that God helps those who help themselves.

Act as if everything depended upon you, and pray as if everything depended upon God.

S.H. Payer



Slow Work of God

Above all, trust in the slow work of God.

**We are, quite naturally, impatient in everything,
to reach the end without delay.**

We should like to skip the intermediate stages.

We are impatient of being on the way to something new.

And yet it is the law of all progress

That it is made by passing through

Some stages of instability—

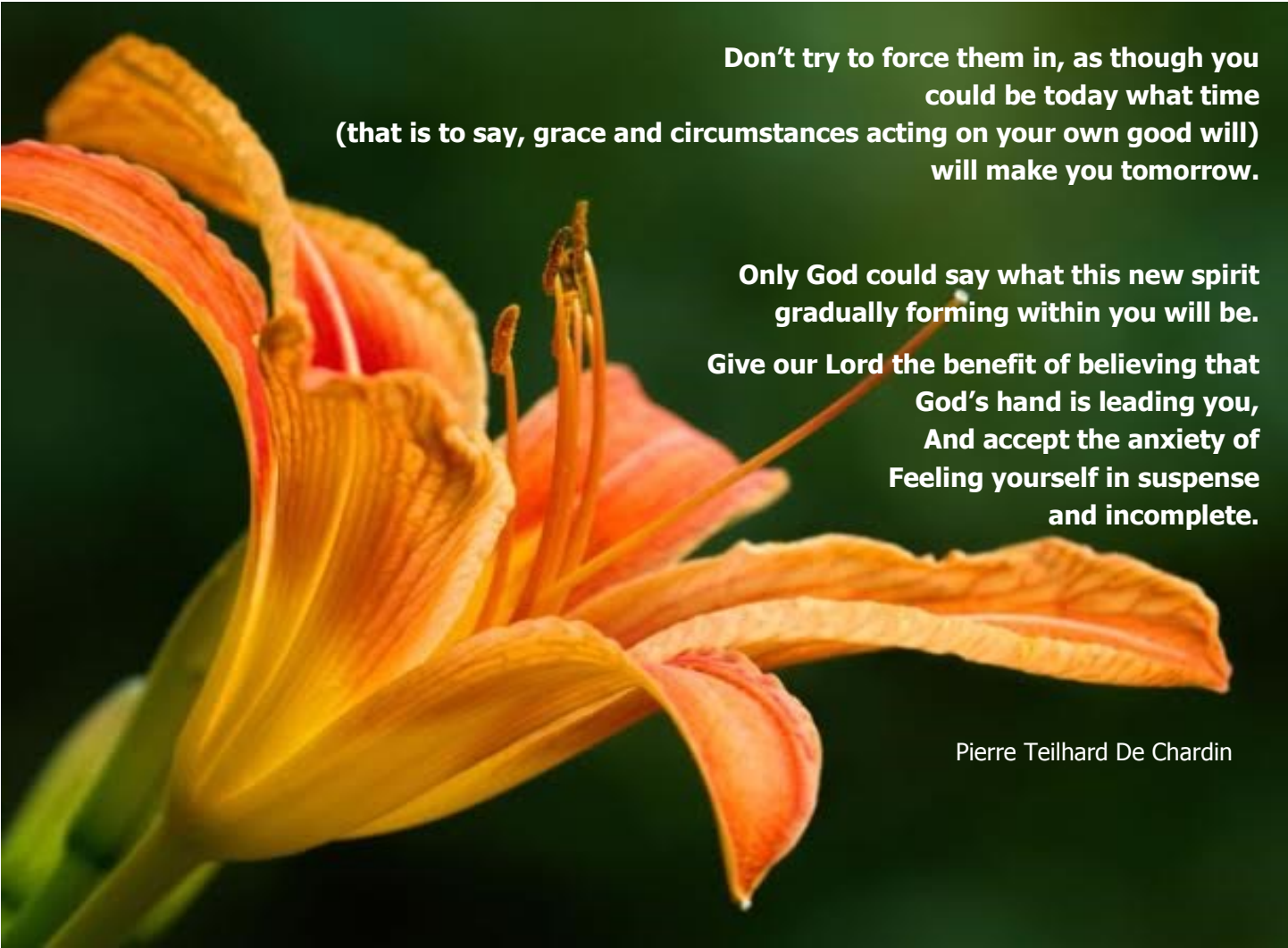
And that it may take a very long time.

And so I think it is with you.

Your ideas mature gradually—

Let them grow,

let them take shape themselves without undue haste.



**Don't try to force them in, as though you
could be today what time
(that is to say, grace and circumstances acting on your own good will)
will make you tomorrow.**

**Only God could say what this new spirit
gradually forming within you will be.
Give our Lord the benefit of believing that
God's hand is leading you,
And accept the anxiety of
Feeling yourself in suspense
and incomplete.**

Pierre Teilhard De Chardin



Colossians 3:12-17

As God's chosen one, holy and beloved, clothe yourselves with heart felt mercy, with kindness, humility, meekness, and patience.

Bear with one another.

Forgive whatever grievance you have against one another.

Forgive just as the Lord has forgiven you.

Above all these things put on love, which binds us together and makes us perfect.

Christ's peace must reign in your hearts, since as members of one body we are called to that peace.

Dedicate your lives to gratefulness.

Let the word of Christ, rich as it is, dwell in you.

Instruct and admonish one another.

Sing gratefully to God in psalms, hymns and inspired songs.

Whatever you do, whether in speech or in action, do it in the name of the Lord Jesus, giving thanks to God the Father through him.