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## Prayers

### In the Next Room

Death is nothing at all:  
I have only slipped away into the next room.  
I am I and you are you;  
Whatever we were to each other, that we are still.  
Call me by my old familiar name,  
Speak to me in the easy way which you always used.  
Put no difference in your tone;  
Wear no forced air or solemnity or sorrow.  
Laugh as we always laughed at the little jokes we enjoyed together.  
Pray, smile, think of me, pray for me.  
Why should I be out of mind because I am out of sight?  
I am but waiting for you, for an interval, somewhere very near,  
Just around the corner.  
All is well.

*Canon Henry Scott Holland (1847-1918), England.*

### Bereavement

When I am dead, cry for me a little,  
Think of me sometimes, but not too much.  
Think of me now and again, as I was in life.  
At some moments it's pleasant to recall, but not for long.  
Leave me in peace, and I shall leave you in peace.  
And while you live, let your thoughts be with the living.

*Traditional Native American prayer, USA*

## **Trust in God**

May nothing move you;  
May nothing terrify you;  
Everything passes;  
God never changes.  
Patience be all to you.  
Who trusts in God  
Shall never be needy.  
God alone suffices.

*St. Teresa of Avila (1515-1582), Spain*

## **Uses of Adversity**

Our real blessings often appear to us in the  
Shapes of pains, losses and disappointments;  
But let us have patience, and we soon shall  
See them in their proper figures.

*Joseph Addison (1672-1719), England*

## **The Beauty We Love**

Today, like every day,  
We wake up hollow and frightened.  
Don't open the door to the study and begin reading.  
Reach for a musical instrument.  
Let the beauty we love be what we do.  
There are hundreds of ways to kneel and kiss the ground.

*Jalal al-Din Rumi (1207-1273), Persia*

## Give Thanks

When you arise in the morning,  
    give thanks for the morning light.  
Give thanks for your life and your strength.  
    give thanks for the joy of living.  
And if you see no reason for giving thanks,  
    Rest assured that the fault is in yourself.

***Chief Tecumseh of the Shawnee Nation (died 1813), USA***

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