

First Reading

1. A Reading from the prophet Micah

With what shall I come before the LORD and bow down before the exalted God? Shall I come before him with burnt offerings, with calves a year old?

Will the LORD be pleased with thousands of rams, with ten thousand rivers of oil? Shall I offer my firstborn for my transgression, the fruit of my body for the sin of my soul?

He has showed you, O my people, what is good. And what does the LORD require of you? To act justly and to love tenderly and to walk humbly with your God.

This is the word of the Lord

2. A reading from the prophet Jeremiah

The word of the Lord came to me thus:

Before I formed you in the womb I knew you,
before you were born I consecrated you,
I have appointed you as prophet to the nations.

"Ah, LORD GOD!" I said,
"I know not how to speak, I am too young."

But the LORD answered me,
Say not, "I am too young."
To whomever I send you, you shall go;
whatever I command you, you shall speak.

This is the word of the Lord

3. A reading from the Book of Sirach (44:1-15)

Let us now praise famous people, and our ancestors in their generations. The Lord apportioned to them great glory, his majesty from the beginning.

There were those who ruled in their kingdoms, and were men renowned for their power, giving counsel by their understanding, and proclaiming prophecies; leaders of the people in their deliberations, wise in their words of instruction; those who composed musical tunes, and set forth verses in writing; living peaceably in their habitationsall these were honored in their generations, and were the glory of their times.

There are some of them who have left a name, so that others declare their praise.

And there are some who have no memorial, who have perished as though they had not lived; they have become as though they had not been born, and so have their children after them.

But these were people of mercy, whose righteous deeds have not been forgotten; their prosperity will remain with their descendants, and their inheritance to their children's children.

Their posterity will continue for ever, and their glory will not be blotted out. Their bodies were buried in peace, and their name lives to all generations. Peoples will declare their wisdom, and the congregation proclaims their praise.

This is the word of the Lord

4. A reading from the book of Wisdom.

The virtuous person, though they die before their time, will find rest.

Length of days is not what makes age honourable,
nor number of years the true measure of life;
understanding this is man's grey hairs,
and a blameless life is ripe old age.

They have sought to please God so God has loved them
as they was living among sinners, they have been taken up.
They has been carried off so that evil might not change their

understanding or guile deceive his soul.
For the fascination of wickedness obscures what is good,
and roving desire perverts the innocent mind.
Being perfected in a short time, they achieved long life;
their soul being pleasing to the Lord,
he has taken them quickly from the wickedness around them,
Yet people look on uncomprehending;
it does not enter their heads
that grace and mercy await the chosen of the Lord,
and that he watches over his holy ones.
This is the word of the Lord.

5. A reading from the prophet Isaiah

God's Wisdom

Listen to what I am saying; pay attention to what I am telling you. No farmer goes on constantly ploughing his fields and getting them ready for sowing. Once he has prepared the soil, he sows the seeds of herbs such as dill and cumin. He sows rows of wheat and barley,"¹ and at the edges of his fields he sows other grain. He knows how to do his work, because God has taught him. He never uses a heavy club to beat out dill seeds or cumin seeds; instead he uses light sticks of the proper size. He does not ruin the wheat by threshing it endlessly, and he knows how to thresh it by driving a cart over it without bruising the grains. All this wisdom comes from the Lord Almighty. The plans God makes are wise and they always succeed.

This is the word of the Lord

6. A reading from the book of wisdom: 6:19-37

Blessings of Wisdom My child, from your youth choose discipline, and when you have gray hair you will still find wisdom.

Come to wisdom like one who plows and sows, and wait for her good harvest. For when you cultivate her you will toil but little, and soon you will eat of her produce.

For wisdom is like her name; she is not readily perceived by many.

Listen, my child, and accept my judgment; do not reject my counsel.

Come to her with all your soul, and keep her ways with all your might.

Search out and seek wisdom, and she will become known to you; and when you get hold of her, do not let her go.

If you love to listen you will gain knowledge, and if you pay attention you will become wise.

Stand in the company of the elders. Who is wise? Attach yourself to such a one.

Be ready to listen to every godly discourse, and let no wise proverbs escape you.

If you see an intelligent person, rise early to visit him; let your foot wear out his doorstep.

Reflect on the statutes of the Lord, and meditate at all times on his commandments. It is he who will give insight to your mind, and your desire for wisdom will be granted.

This is the word of the Lord.

7. A Reading from the Book of Ecclesiastes

There is a time for everything,
and a season for every activity under heaven:
a time to be born and a time to die,
a time to plant and a time to uproot,
a time to kill and a time to heal,
a time to tear down and a time to build,
a time to weep and a time to laugh,
a time to mourn and a time to dance,
a time to scatter stones and a time to gather them,
a time to embrace and a time to refrain,

a time to search and a time to give up,
a time to keep and a time to throw away,
a time to tear and a time to mend,
a time to be silent and a time to speak,
a time to love and a time to hate,
a time for war and a time for peace.

God has made everything beautiful in its time.

God has also set eternity in the hearts of people.

I know that there is nothing better for people than to be happy and do good while they live.

That everyone may eat and drink, and find satisfaction in all his toil--this is the gift of God.

This is the Word of the Lord.

Thanks be to God.

8. A reading from the book of Wisdom

3:1-6, 9

The souls of the virtuous are in the hands of God, no torment shall ever touch them.

In the eyes of the unwise, they did appear to die,
their going looked like a disaster,
their leaving us like annihilation;
but they are in peace.

If they experience punishment as others see it,
their hope was rich with immortality;
slight was their affliction, great will their blessing be.

God has put them to the test
and proved them worthy to be with him;
he has tested them like gold in a furnace,
and accepted them as a holocaust.

They who trust in him will understand the truth,
those who are faithful will live with him in love;
for grace and mercy await those he has chosen.

The Word of the Lord.

9. A reading from the book of Job 19:1, 23-27

'Job said:

'Ah, would that these words of mine were written down, inscribed on some monument with iron and chisel and engraving tool, cut into the rock for ever. This I know: that my Avenger lives, and he, the Last, will take his stand on earth. After my awakening, he will set me close to him, and from my flesh I shall look on God. He whom I shall see will take my part: these eyes will gaze on him and find him not aloof.'
The Word of the Lord

10. A reading from the prophet Isaiah

25:6-9

On this mountain, the Lord of hosts will prepare for all peoples a banquet of rich food. On this mountain he will remove the mourning veil covering all peoples, and the shroud enwrapping all nations, he will destroy Death for ever. The Lord will wipe away the tears from every cheek; he will take away his people's shame everywhere on earth, for the Lord has said so. That day it will be said: See this is our God in whom we hoped for salvation; the Lord is the one in whom we hoped. We exult and we rejoice that he has saved us. **The Word of the Lord.**

11. A reading from the book of Lamentations

My soul is shut out from peace;
I have forgotten happiness.
And now I say, 'My strength is gone,
that hope which came from the Lord.'
Brooding on my anguish and affliction
is gall and wormwood.
My spirit ponders it continually
and sinks within me.
This is what I shall tell my heart,
and so recover hope:
the favours of the Lord are not all past,
his kindnesses are not exhausted;
every morning they are renewed;
great is his faithfulness.
'My portion is the Lord' says my soul,
'and so I will hope in him.'
The Lord is good to those who trust him,
to the soul that searches for him.
It is good to wait in silence for the Lord to save.
The Word of the Lord.

**The following are options for Psalms
(But please note the singer usually sings the Psalm)**

Psalm 24

R/ To you, O Lord, I lift up my soul.

1. Remember your mercy, Lord,
and the love you have shown from of old.
In your love remember me,
because of your goodness, O Lord. R/
2. Relieve the anguish of my heart
and set me free from my distress.
See my affliction and my toil
and take all my sins away. R/
3. Preserve my life and rescue me.
Do not disappoint me, you are my refuge.
May innocence and uprightness protect me:
for my hope is in you, O Lord. R/

Psalm 114

R/ I will walk in the presence of the Lord in the land of the living.

1. How gracious is the Lord, and just; our God has compassion. The Lord protects the simple hearts; I was helpless so he saved me. R/
2. I trusted, even when I said: 'I am sorely afflicted,' And when I said in my alarm: 'No man can be trusted'. R/
3. O precious in the eyes of the Lord is the death of his faithful. Your servant, Lord, your servant am I; you have loosened my bonds. R/

Psalm 26

R/ The Lord is my light and my help.

1. The Lord is my light and my help; whom shall I fear?
The Lord is the stronghold of my life; Before whom shall I shrink? R/
2. There is one thing I ask of the Lord, for this I long,
to live in the house of the Lord, all the days of my life,
to savour the sweetness of the Lord, to behold his temple. R/
3. O Lord, hear my voice when I call; have mercy and answer.
It is your face, O Lord, that I seek; hide not your face. R/
4. I am sure I shall see the Lord's goodness in the land of the living.
Hope in him, hold firm and take heart. Hope in the Lord. R/

Psalm 22

R/ The Lord is my shepherd; there is nothing I shall want.

1. The Lord is my shepherd; there is nothing I shall want. Fresh and green are the pastures where he gives me repose. Near restful waters he leads me, to revive my drooping spirit. R/
2. He guides me along the right path, he is true to his name.
If I should walk in the valley of darkness, no evil would I fear.
You are there with your crook and your staff,
with these you give me comfort. R/
3. You have prepared a banquet for me in the sight of my foes.

My head you have anointed with oil; my cup is overflowing. R/

4. Surely goodness and kindness shall follow me all the days of my life.
In the Lord's own house shall I dwell, for ever and ever. R/

Second Reading

1. A reading from the first letter of St. Paul to the Corinthians

Be ambitious for the higher gifts. And I am going to show you a way that is better than any of them. If I have all the eloquence of men or of angels, but speak without love, I am simply a gong booming or a cymbal clashing. If I have the gift of prophecy, understanding all the mysteries there are, and knowing everything, and if I have faith in all its fullness, to move mountains, but without love, then I am nothing at all. If I give away all that I possess, piece by piece, and if I even let them take my body to burn it, but am without love, it will do me no good whatever. Love is always patient and kind; it is never jealous; love is never boastful or conceited; it is never rude or selfish; it does not take offence, and is not resentful. Love takes no pleasure in other people's sins but delights in the truth; it is always ready to excuse, to trust, to hope, and to endure whatever comes. Love does not come to an end.

So faith, hope, love, abide, these three, but the greatest of these is love.

This is the word of the Lord

2. A reading from the letter of St Paul to the Romans (12:9)

We have different gifts, according to the grace given us.

If a person's gift is prophesying, let them use it in proportion to their faith.

If it is serving, let them serve; if it is teaching, let them teach;

if it is encouraging, let them encourage; if it is contributing to the needs of others, let them give generously; if it is showing mercy, let them do it cheerfully.

Love must be sincere. Hate what is evil; cling to what is good. Be devoted to one another in love.

Honour one another above yourselves. Never be lacking in zeal, but keep your spiritual fervor, serving the Lord.

Be joyful in hope, patient in affliction, faithful in prayer.

Share with God's people who are in need. Practice hospitality.

Bless those who persecute you; bless and do not curse them.

Rejoice with those who rejoice; mourn with those who mourn.

Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited.

Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everybody.

If it is possible, as far as it depends on you, live at peace with everyone.

This is the Word of the Lord

3. A reading from the second letter of St Paul to Timothy:

As for me, I am already on the point of being poured out as a libation, and the time of my departure has come. I have fought the good fight, I have finished the race, I have kept the faith. From now on there is reserved for me the crown of righteousness, which the Lord, the righteous judge, will give me on that day, and not only me but also all who have longed for his appearing.

This is the word of the Lord.

4. A reading from the book of Revelation.

I, John, heard a voice from heaven say to me, "Write down: Happy are those who die in the Lord! Happy indeed the Spirit says: now they can rest for ever after their work, since their good deeds go with them."

This is the word of the Lord

5.. A reading from the first letter of St. Paul to the Corinthians

Be ambitious for the higher gifts. And I am going to show you a way that is better than any of them. If I have all the eloquence of men or of angels, but speak without love, I am simply a gong booming or a cymbal clashing. If I have the gift of prophecy, understanding all the mysteries there are, and knowing everything, and if I have faith in all its fullness, to move mountains, but without love, then I am nothing at all. If I give away all that I possess, piece by piece, and if I even let them take my body to burn it, but am without love, it will do me no good whatever. Love is always patient and kind; it is never jealous; love is never boastful or conceited; it is never rude or selfish; it does not take offence, and is not resentful. Love takes no pleasure in other people's sins but delights in the truth; it is always ready to excuse, to trust, to hope, and to endure whatever comes. Love does not come to an end.

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Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everybody.

If it is possible, as far as it depends on you, live at peace with everyone.

This is the Word of the Lord

7. A reading from the first letter of St. Paul to the Romans

The life and death of each of us has its influence on others; if we live, we live for the Lord; and if we die, we die for the Lord, so that alive or dead we belong to the Lord. This explains why Christ both died and came to life, it was so that he might be Lord both of the dead and of the living. We shall all have to stand before the judgement seat of God; as scripture says: By my life — it is the Lord who speaks — every knee shall bend before me, and every tongue shall praise God. It is to God, therefore, that each of us must give an account of himself.

This is the word of the Lord.

8. A reading from the book of Revelation 14:13

I, John, heard a voice from heaven say to me, 'Write down: Happy are those who die in the Lord! Happy indeed, the Spirit says; now they can rest for ever after their work, since their good deeds go with them.'

The Word of the Lord.

9. A reading from the letter of St. Paul to the Romans 14:7-12

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10. A reading from the letter of Saint Paul to the Romans

8:31-35,37-39

With God on our side who can be against us? Since God did not spare his own Son, but gave him up to benefit us all, we may be certain, after such a gift, that he will not refuse anything he can give. Could anyone accuse those that God has chosen? When God acquits, could anyone condemn? Could Christ Jesus? No! He not only died for us - he rose from the dead, and there at God's right hand he stands and pleads for us.

Nothing, therefore, can come between us and the love of Christ, even if we are troubled or worried, or being persecuted, or lacking food or clothes, or being threatened or even attacked. As scripture promised: For your sake we are being massacred daily, and reckoned as sheep for the slaughter. These are the trials through which we triumph, by the power of him who loved us.

For I am certain of this: neither death nor life, no angel, no prince, nothing that exists, nothing still to come, not any power, or height or depth, nor any created thing, can ever come between us and the love of God made visible in Christ Jesus our Lord. ***The Word of the Lord.***

I

1. A reading from the first letter of Saint John

3:1-2

Think of the love that the Father has lavished upon us,
by letting us be called God's children;
and that is what we are.

Because the world refused to acknowledge him,
therefore it does not acknowledge us.

My dear people, we are already the children of God,
but what we are to be in the future has not yet been revealed;
all we know is, that when it is revealed,
we shall be like him,
because we shall see him as he really is.

The Word of the Lord

12. 'A reading from the Acts of the Apostles

10:34-36, 42-43

Peter addressed Cornelius and his household: 'The truth I have now come to realise', he said, 'is that God does not have favourites, but that anybody of any nationality who fears God and does what is right is acceptable to him.'

'It is true, God sent his word to the people of Israel, and it was to them that the good news of peace was brought by Jesus Christ - but Jesus Christ is Lord of all people, and he has ordered us to proclaim this to his people and to tell them that God has appointed him to judge everyone, alive or dead. It is to him that all the prophets bear this witness: that all who believe in Jesus will have their sins forgiven through his name.

The Word of the Lord.

13. A reading from the first letter of Saint John

4:7-12, 17

My dear people,
let us love one another
since love comes from God,
and everyone who loves is begotten by God and knows God.
Anyone who fails to love can never have known God,
because God is love.

God's love for us was revealed
when God sent into the world his only Son
so that we could have life through him:
this is the love I mean:
not our love for God,
but God's love for us when he sent his Son
to be the sacrifice that takes our sins away.

We ourselves have known and put our faith in
God's love towards ourselves.

God is love
and anyone who lives in love lives in God
and God lives in him.

The Word of the Lord.

14. A reading the first letter of St. Paul to the Thessalonians. 4:13-18

We want you to be quite certain, brothers and sisters, about those who have died, to make sure that you do not grieve about them like the other people who have no hope. We believe that Jesus died and rose again, and that it will be the same for those who have died in Jesus: God will bring them with him. We can tell you this from the Lord's own teaching, that any of us who are left alive until the Lord's coming will not have any advantage over those who have died. At the trumpet of God, the voice of the archangel will call out the command and the Lord himself will come down from heaven; those who have died in Christ will be the first to rise, and then those of us who are still alive will be taken up in the clouds, together with them, to meet the Lord in the air. So we shall stay with the Lord forever. With such thoughts as these you should comfort one another. ***The Word of the Lord.***

15. A reading front the letter of St. Paul to the Philippians 3:20-21 For us, our homeland is in heaven, and from heaven comes the saviour we are waiting for, the Lord Jesus Christ, and he will transfigure these wretched bodies of ours into copies of his glorious body. He will do that by the same power with which he can subdue the whole universe. ***The Word of the Lord.***

Prayer of the Faithful 1

Priest: God, the almighty Father, raised Christ his Son from the dead; with confidence we ask him to save all his people, living and dead:

1. For _____ who ate the body of Christ, the bread of life, that she/he may be raised up on the last day. *Lord hear us.*
2. For the family and friends of _____ that they may be consoled in their grief by the Lord who wept at the death of his friend Lazarus. *Lord hear us.*
3. For those who bear the cross of pain in mind or body. May they never feel forsaken by God. *Lord hear us.*
4. For all those assembled here to worship in faith, that we may be gathered together again in God's kingdom. *Lord hear us.*
5. For all those who have died. May God give them a place in the kingdom of heaven. *Lord hear us.*

Priest: God of loving kindness, listen favourably to our prayers: strengthen our belief that your Son has risen from the dead and our hope that your servant _____. will also rise again. We ask this through Christ our Lord.

All: Amen

Prayer of the Faithful 2

Priest: Jesus is the Son of God and the pattern for bur own creation. His promise is that one day we shall truly be like him. With our hope founded on that promise, we pray:

1. That God will receive our praise and thanksgiving for the life of _____. *Lord hear us.*
2. That God will bring to completion _____'s baptism into Christ. *Lord hear us*
3. That all of us, _____'s family and friends, may be comforted in our grief. *Lord hear us.*

4. That God will grant release to those who suffer in mind or body. *Lord hear us.*
5. That God will grant peace to all who have died in the faith of Christ *Lord hear us.*

Priest: God of loving kindness, listen favourably to our prayers: strengthen our belief that your Son has risen from the dead and our hope that your servant _____ will also rise again. We ask this through Christ our Lord.

Prayer of the Faithful 3

Priest: God, the almighty Father, raised Christ his Son from the dead; with confidence we ask him to save all his people, living and dead:

1. In baptism _____ received the light of Christ. Scatter the darkness now and lead her/him over the waters of death. Lord hear us.
2. The family and friends of _____ seek comfort and consolation. Heal their pain and dispel the darkness and doubt that come from grief. Lord hear us.
3. For all of us assembled here to worship in faith, that we may be gathered together again in God's kingdom. Lord hear us.
4. For our deceased relatives and friends and for all who have helped us, that they may have the reward of their goodness. Lord hear us.
5. For those who have fallen asleep in the hope of rising again, that they may see God face to face. Lord hear us.

Priest: God, our shelter and our strength, you listen in love to the cry of your people: hear the prayers we offer for our departed brothers and sisters. Cleanse them of their sins and grant them the fullness of redemption. We ask this through Christ our Lord.

All: Amen

Prayer of the Faithful 4

Priest: Surrounded by the sorrow of death, let us turn to Christ, who alone has the words of eternal life:

1. For _____ who has passed from this life, may she/he now enjoy the lasting peace of heaven. Lord hear us.

2. For _____'s family who are mourning at this time, that in this time of sorrow and sadness, the Lord may be their strength and consolation. Lord hear us.

3. For those who may be worried or anxious at this time, that they may trust in God to care for them in all their needs. Lord hear us.

4. For those whom we have been asked to pray for, that the Lord may give them his joyful peace. Lord hear us.

5. For the sick, those at home and in hospital, that they may find strength in the power of the cross and find hope in their faith. Lord hear us.

Priest: God, our shelter and our strength, you listen in love to the cry of your people: hear the prayers we offer for our departed brothers and sisters. Cleanse them of their sins and grant them the fullness of redemption. We ask this through Christ our Lord.

All: Amen

Prayers of the Faithful 5

Priest: It is from God we come when we enter this world, and it is to him we go when we leave it. Comforted by this faith, let us pray to him with confidence.

_____ has departed her earthly home; may he reach the joy and peace of God's house. **Lord hear us.**

For those who mourn her, especially May they be comforted by the knowledge that he awaits them his everlasting home. **Lord hear us**

For our deceased relatives and friends, especially those who travelled the path of life with us: We pray especially for _____ Lord bring them all into the light of your presence. **Lord hear us.**

We thank the Lord for the kindness that _____ has received over the years from those entrusted with care both at home and in hospital. May they be rewarded for their goodness. **Lord hear us.**

We wish to pray God's blessing on the relatives, special friends and neighbours who have nurtured us with their care, especially through these difficulties days. **Lord hear us.**

Priest: Lord may you support us all day long, till the shadows lengthen, and evening fails, and the busy world is hushed, and the fever of life is over, and our work is done; then in your mercy, Lord grant us a safe lodging, a holy rest, and peace at last. We ask this through Christ our Lord.

Communion Reflections

The Harvest is Rich

When a person reaches advanced age
after having lived a full life,
dying becomes almost as natural
as the falling of a brightly coloured leaf in autumn.

The harvest has been gathered in,
the journey ended,
the story told,
life's tasks finished and neatly bound together
like a sheaf of wheat.

There is a roundedness about the person's life,
a sense of completion and fulfilment;
and while there is sadness in his leaving us,

there is joy too,
so much so that this funeral ceremony
is both a grieving and a celebration.

Such a death is like the coming of sleep
after a long and rewarding day's work.

Miss me but let me go

When I come to the end of the road
And the sun has set for me
I want no rites in a gloom filled room
Why cry for a soul set free?
Miss me a little, but not too long
And not with your head bowed low
Remember the love that we once shared
Miss me but let me go.
For this is a journey we all must take
And each must go alone

It's all a part of the master plan
A step on the road to home.
When you are lonely and sick at heart
Go to the friends we know
And bury the sorrow in doing good deeds
Miss me but let me go.

Death is only an Horizon

We give them back to you, O Lord,
who first gave them to us; and as you did not
lose them in the giving so we do not lose them in the return.
Not as the world gives do you give, O Lord.
For what is yours is ours also, if we belong to you.
Life is unending because love is undying
and the boundaries of this life are but an
horizon and an horizon is but the limit of our vision.
Lift us up, strong Son of God,
that we may see further.
Strengthen our faith that we may see beyond the horizon.
And while you prepare a place for us as you have promised,
prepare us also for that happy place;
that where you are we may be also,
with those we have loved, forever.

Stranger at our side

All through life's day our risen Lord walks with us.
Often, however, he is a stranger to us,
for he never forces himself upon us.
Before the day's end, we will ask many questions,
experience many failures, disappointments and heartaches.
And then, suddenly, whether we are young, middle aged or old,
we will find that the shadows are lengthening
and night is fast approaching.
In that moment we pray that, like the disciples
on the road to Emmaus,
our eyes will be opened and that we will recognise him

– the stranger who walked at our side –
as our risen Lord.

And he will not vanish from our sight.
Instead he will guide us through the
valley of death to the safety of the Father's house.

Gone only from Our Sight

I am standing on the seashore.
Suddenly a ship at my side
spreads her white sails to the morning breeze,
and starts out for the blue ocean.
She is an object of beauty and strength,
and I stand and watch her
until at length she is only a ribbon of white cloud
just above where sea and sky mingle with each other.

Then someone at my side says:

There! She's gone!

Gone where?

Gone from my sight - that is all.

She is just as large in mast and hull and spar
as she was when she left my side,
and just as able to bear her load of living freight
to the place of destination. ,~

Her diminished size is in me, not in her,
and just at the moment when someone at my side says:

There! She's gone!

there are other voices ready to take the glad shout,

There! She comes!

And that is dying.

. Death Is Only an Horizon

We give them back to you, O Lord,
who first gave them to us;
and as you did not lose them in the giving,
so we do not lose them in the return.

Not as the world gives do you give,
O Lover of souls.

For what is yours is ours also, if we belong to you.

Life is unending because love is undying,
and the boundaries of this life are but an horizon,
and an horizon is but the limit of our vision.

Lift us up, strong Son of God,
that we may see further.

Strengthen our faith

that we may see beyond the horizon.

And while you prepare a place for us, as you have promised,
prepare us also for that happy place;
that where you are we may be also,
with those we have loved, forever.

BedeJarrett, O.P.

Reflection

You are an individual
living in a place called Earth.
Treasure the world's beauty
and the power and beauty of your life.

You grow old...
not by having birthdays
but by deserting ideals.
Passing years may wrinkle the skin
but only lost enthusiasm wrinkles the soul.

About life remember.... .
most of the trouble in the world is caused
by people wanting to be important.
The person who angers you, controls you.
Too many strive after wealth when
truly a rich person is not one who has the most,
but the one who needs the least.

You have friends everywhere....
you just have not met them yet.
You will make more friends in two weeks
by being interested in other people
than you can in two years
by trying to get other people interested in you.

Take time to laugh and have fun...
It makes for a happy heart
Don't worry about making mistakes,
you are more than your worst mistake.

Have something beautiful to say.... .
either memorise your favourite poem
or learn by heart a special piece of wisdom.

Don't waste your tears on what might have been
and don't waste your time on jealousy....
the world has much to offer and .you have much to give.

Take time to love.....it is the strongest and deepest
element in all our lives.
With love don't be reckless with other people's hearts
And don't put up with people who are reckless with yours.

About yourself remember..... .
You can alter your life by altering your attitude.
You are never old until you think old.
What lies behind you and what lies before you
are small matters compared to what lies within you.

Make it your aim
To live honestly, injure no one
And give every person their dignity.

These things will make your life special,
you will make this earth a better place
and... .. you will be loved.

I Pass this way but once

But once I pass this way,
and then no more
But once- and then the Silent Door
swings on it's hinges,
Opens....Closes
and no more
I pass this way
So while I may,
with all my might,
I will assay
sweet comfort and delight
to all I meet upon the Pilgrim Way,
For no one travels twice
the Great Highway
that climbs through darkness up to light through night to day,

I shall pass through this world
but once.
Therefore any good that I can do,
any kind act that I can perform

for any fellow creature,
let me do it now,
Let me not delay, or omit it,
for I shall not pass this way again

Serenity Prayer

God grant me
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 hardship
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 Creed For Those who Have Suffered.

I asked God for strength, that I might achieve.
I was made weak, that I might learn humbly to obey..
I asked God for health, that I might do great things.
I was given infirmity, that I might do better things....
I asked God for riches, that I might be happy.
I was given poverty that I might be wise..
I asked God for power, that I might have the praise of others.
I was given weakness, that I might feel the need for God..
I asked for all things, that I might enjoy life..
I was given life that I might enjoy all things...
I got nothing I asked for — but everything I hoped for.
Almost despite myself, my unspoken prayers were heard.
I am among people, most richly blessed.

The Pattern of Life

My life is but a weaving,
Between my Lord and me;
I cannot choose the colours
He worketh steadily

Oftentimes He weaveth sorrow
and I in foolish pride,
Forget that He seeth the upper,
And I the under side.

Not till the loom is silent
And the shuttles cease to fly,
Shall God unroll the canvas
And explain the reason why.

The dark threads are as needful

In the weaver's skilful hand,
As the threads of gold and silver
In the pattern God has planned.

A reading from the book of Wisdom.

The virtuous man, though they die before their time, will find rest.

Length of days is not what makes age honourable,

nor number of years the true measure of life;

understanding this is man's grey hairs,

and a blameless life is ripe old age.

He have sought to please God so God has loved him

as they was living among us, he have been taken up.

He has been carried off so that evil might not change his

understanding or guile deceive his soul.

Being perfected in a short time, he achieved long life;

his soul being pleasing to the Lord,

he has taken him from us

Yet people look on uncomprehending;

it does not enter their heads

that grace and mercy await the chosen of the Lord,

and that he watches over his holy ones.

This is the word of the Lord.