

Will you please bow your heads with me.
Let us pray silently together, each one of us, according to our individual beliefs.
Let us offer thanks for our food and the blessings of fellowship around us.
Let us be a source of hope for those in need, and contentment for those who are lonely. Let us give gratitude for our opportunity to serve .
Let the feelings of love, kindness, and a well directed, yet gentle spirit always be reflected in our actions.
(Unknown)

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"Work like you don't need the money. Love like you've never been hurt.
Sing like nobody's listening.
Dance like nobody's watching.
Live like it's heaven on earth. "
Mark Twain

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Moving Through the World
Let me be willing to see the big picture in all things,
act in accordance with my best, most ethical self,
and grant the benefit of the doubt to all those I meet.

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My Morning Prayer
*Bless this day
keep me safe and whole
kind and compassionate*

*Bless my path today
Help me to act with wisdom
and live in perpetual gratitude*

*Bless my human family
who are everywhere & everyone
Bless the creatures and plants
May all life be blessed on this day*

As this day has ended and I prepare to rest,
focus my energies to heal my body while I sleep,
fill my dreams with beautiful images and sounds,
sort the thoughts of my mind into orderly files,
make me ready for tomorrow, ready for
renewed strength to return to my healing body,
peace to return to my mind and spirit,
laughter to return to my lips.

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Bless This Day
Bless today with chances to grow,
with friendship and a sense of community,
with work to do and leisure to enjoy,
let me be a positive influence on those I meet,
may I act with integrity and truth in all things,
giving the very best of myself, in all I do,
living in appreciation of the gift today is.
Bless this day.

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My Acceptance Prayer
Make me willing to accept what I cannot,
fill my mind with understanding, my heart with trust,
there are some things that I must accept as facts,
difficult though they may be to face now.
May my spirit be open and accepting.