

Day 151 | Monday, 17 August 2020

This Week Exercise Group #4

From the Church Mouse

I've decided to share with you, on Mondays, things that are special, encouraging, and maybe some things that I have found to be uplifting, like the animal parables or things that have been special to me for most of my life. Sometimes these things will be spiritual, but sometimes they might just be funny. I call each of these things "emotional word pictures." The brain seems to remember these especially well.

Today's offering is both spiritual and funny. It is attributed to a 17th century nun who is anonymous. Although the author is unknown, she has shared with us something that is wonderfully applicable to us at this stage of our lives and at this most trying time we must all live through and survive. I hope you enjoy both her wisdom and her humor.

17th Century Nun's Prayer

Lord, thou knowest better than I know myself that I am growing older and will someday be old.

Keep me from the fatal habit of thinking I must say something on every subject and on every occasion.

Release me from the craving to straighten out everybody's affairs. Make me thoughtful, but not moody: helpful, but not bossy.

With my vast store of wisdom, it seems a pity not to use it all, but thou knowest, Lord, that I want a few friends at the end.

Keep my mind free from the endless recital of details; give me wings to get to the point.

Seal my lips on my aches and pains. They are increasing, and love of rehearsing them is

becoming sweeter as the years go by. I dare not ask for grace enough to enjoy the tales of other's pains,

But help me to endure them with patience. I dare not ask for improved memory,
but for a growing humility and a lessening cocksureness when my memory seems
to clash with the memories of others.

Teach me the glorious lesson that occasionally, I may be mistaken. Keep me
reasonably sweet;

I do not want to be a saint - some of them are so hard to live with – but a sour old
person is one of the crowning works of the devil.

Give me the ability to see good things in unexpected places, and talents in
unexpected people.

And give me, oh Lord, the grace to tell them so.