

'Meditations'



McQuiston Presbyterian  
Church

In the midst of all the stress and strain of our modern day living it is good to "be still and know God." My prayer is that as you read through this booklet of Meditations, the peace and love of God will touch your life to strengthen, comfort and guide.

Take with you words, strong words of courage:  
Words that have wings! ....  
Take with you holy words, words that know God:  
Words that are sacred as healing waters,  
Pure as light, and beautiful as morning.  
Take with you tall words, words that reach up,  
and growing words, with deep life within them.  
Take with you holy words, words that know God.

Henry Gray

My Favourite Hymn

Jesus, thou Joy of loving hearts,  
Thou fount of life, thou light of men,  
From the best bliss that earth imparts  
We turn unfilled to thee again.

Thy truth unchanged hath ever stood,  
Thou savest those that on thee call,  
To them that seek thee thou art good,  
To them that find thee, all in all.

O Jesus ever with us stay,  
Make all our moments calm and bright,  
Chase the dark night of sin away,  
Shed o'er the world thy holy light.

Elsie C. Bell.

\*\*\*\*\*

Proverbs 27 Verse 10 (Living Bible)

Never abandon a friend - Either yours or your  
father's.  
Then you won't need to go to a distant relative  
for help in your time of need.

Norman Maynes.

\*\*\*\*\*

O be Joyful (Psalm 100)

O be joyful in the Lord all ye lands,  
Serve the Lord with gladness and  
come before his presence with a song.  
Be sure that the Lord, He is God  
It is He that hath made us  
and not we ourselves  
We are his people and the sheep of his pastures.

O go your way into his gates with gladness  
and into his courts with praise  
Be thankful unto him, and speak good of his name  
For the Lord is gracious, his mercy is everlasting  
His truth endureth from generation to generation.

John Matthews

\*\*\*\*\*

At the End

God be in my head, and in my understanding;  
God be in my eyes, and in my looking;  
God be in my mouth, and in my speaking;  
God be in my heart, and in my thinking;  
God be at my end, and at my departing.

\*\*\*\*\*

My God is no Stranger

God is no stranger in a faraway place,  
He's as close as the wind that blows cross my face,  
It's true I can't see the wind as it blows  
But I feel it around me and my heart surely knows  
That God's mighty hand can be felt every minute  
For there's nothing on earth that God isn't in it -  
The sky and the stars, the waves and the sea  
The dew on the grass, the leaves on a tree  
Are constant reminders of God and his nearness,  
Proclaiming His presence with crystal-like clearness -  
So how could I think God was far, far away  
When I feel Him beside my every hour of the day  
And I've plenty of reasons to know God's my friend  
And this is one friendship that time cannot end.

This above all: to thine own self be true.  
And it must follow as the night the day.  
Thou canst not then be false to any man.

Hamlet Act I Scene III

Dedicated to Mrs. M. Hogg (Deceased)  
94 Redcar Street,  
Belfast.

\*\*\*\*\*

Enfolded in his love

The Love of God surrounds us  
Like the air we breathe around us -  
As near as a heartbeat, as close as a prayer  
And whenever we need Him, He'll always be there.

\*\*\*\*\*

Left Alone

You cannot see the way to go when first you're left alone  
Left to face the world and fight your battles on your own  
You cannot understand why such a thing should come to you  
The path ahead is hidden and the future veiled from view.

You can't imagine life without that dear one somewhere  
there;  
The good companion of your heart, the one who used to  
share  
The bad times and the happy times, the laughter and the  
tears  
In whom you trusted and confided all your hopes and fears.

But do not think that no one else has borne as much as you.  
Some have many years together - others just a few.  
There must be a parting. One must go and one must stay.  
One is taken - one is left. It happens every day.

\*\*\*\*\*

GIFTS

God grant me the serenity  
To accept the things I cannot change  
The courage to change the things I can  
And the wisdom to know the difference.

\*\*\*\*\*

My God is no Stranger

God is no stranger in a faraway place,  
He's as close as the wind that blows cross my face,  
It's true I can't see the wind as it blows  
But I feel it around me and my heart surely knows  
That God's mighty hand can be felt every minute  
For there's nothing on earth that God isn't in it -  
The sky and the stars, the waves and the sea  
The dew on the grass, the leaves on a tree  
Are constant reminders of God and his nearness,  
Proclaiming His presence with crystal-like clearness -  
So how could I think God was far, far away  
When I feel Him beside my every hour of the day  
And I've plenty of reasons to know God's my friend  
And this is one friendship that time cannot end.

This above all: to thine own self be true.  
And it must follow as the night the day.  
Thou canst not then be false to any man.

Hamlet Act I Scene III

Dedicated to Mrs. M. Hogg (Deceased)  
94 Redcar Street,  
Belfast.

\*\*\*\*\*

Enfolded in his love

The Love of God surrounds us  
Like the air we breathe around us -  
As near as a heartbeat, as close as a prayer  
And whenever we need Him, He'll always be there.

\*\*\*\*\*

To Make a World

It takes all kinds to make a world  
We can't all think the same.  
If everybody thought alike we'd find  
things rather tame.  
It takes all sorts of folks, the good  
the bad, the weak, the strong.  
We're all mixed up, but somehow we  
have got to get along. -  
got to share the same small planet  
whirling around the sun. -  
We are all Gods children and he loves  
us every one.  
So we've got to live together like  
a family - putting up with one another  
showing charity; practising a little of  
the faith that we profess.  
Judging not, but holding out the hand  
of friendliness.

Wilson Graham.

The Master Builder

God is the Master builder  
His plans are perfect and true  
and when he sends you sorrow  
It's part of his plan for you .....  
For all things work together  
To complete the Master Plan  
And God up in his Heaven  
Can see what's best for man.

\*\*\*\*\*

If we could see

If we could see beyond to-day as God can see  
If all the clouds should roll away, The shadows flee  
O'er present griefs we would not fret  
Each sorrow we would soon forget  
For many joys are waiting yet  
For you and me.

If we could know beyond to-day as God doth know  
Why dearest treasures pass away and tears must flow  
And why the darkness leads to light  
Why dreary paths will soon be bright  
Some day, life's wrongs will be made right  
Faith tells us so.

If we could see - if we could know, We often say  
But God in Love a veil doth throw, Across our way  
We cannot see what lies before and  
So we cling to Him the more  
He leads us till this life is o'er  
Trust and Obey.

Maud Crozier

God, Grant Me -----

Courage and Hope for every day  
Faith to guide me along my way  
Understanding and Wisdom, too,  
And Grace to accept what life gives me to do.

Try It

Stop wishing for things you complain you have not  
And start making the best of all that you've got.

\*\*\*\*\*

### FOOTPRINTS

One night a man had a dream. He dreamed he was walking along the beach with the Lord. Across the sky flashed scenes from his life. For each scene, he noticed two sets of footprints in the sand; one belonging to him, and the other to the Lord.

When the last scene of his life flashed before him, he looked back at the footprints in the sand. He noticed that many times along the path of his life there was only one set of footprints. He also noticed that it happened at the very lowest and saddest times in his life.

This really bothered him and he questioned the Lord about it. "Lord you said that once I decided to follow you, you'd walk with me all the way. But I have noticed that during the most troublesome times in my life, there is only one set of footprints. I don't understand why when I needed you most you would leave me."

The Lord replied " My precious, precious child, I Love you and I would never leave you. During your times of trial and suffering, when you see only one set of footprints, it was then that I carried you."

In memory of June.

Tom & Joanne Kane,  
30 Beechgrove Gardens,  
Belfast.

\*\*\*\*\*

A Prayer

Almighty God, we thine unworthy servants do give thee most humble and hearty thanks for all thy goodness and loving kindness to us and to all men. We bless thee for our creation, preservation and all the blessings of this life but above all for thine inestimable love in the redemption of the world by our Lord Jesus Christ for the means of grace and the hope of glory. And we beseech thee, give us that due sense of all thy mercies, that our hearts may be unfeignedly thankful and that we show forth thy praise not only with our lips but in our lives by giving up ourselves to thy service and by walking before thee in holiness and righteousness all our days, through Jesus Christ our Lord.

Amen.

Gladys Matthews.

Confession

Lord, I cannot see the way. So hour by hour and day by day let me place my hand in Thine - lest I miss some vital sign - a turning to the left or right. Lord walk with me and be my sight. Lord, I often fail to hear - Thy guiding voice Although so near - for quiet is the tender word - the loving message scarcely heard - above the strident clamourings of urgent claims and worldly things. Lord, this life is hard to live. My many weaknesses forgive - and in Thy mercy see my need. Without Thee I am lost indeed.

Bayna Wilson.

In God We are Secure

Faith makes it wholly possible, to quietly endure the violent world around us, for in God we are secure.

\*\*\*\*\*

On a clock in Chester Cathedral

When I was a child, I laughed and wept.  
Time crept.  
When, as a youth, I waxed more bold.  
Time strolled.  
When I became a full grown man.  
Time ran.  
When older still, I daily grew.  
Time flew.  
Soon I shall find, in passing on  
Time gone.  
O Christ, wilt thou have saved me then?

Amen.

The Best is Never Over

The best is never over, The best has never gone  
There's always something lovely to keep you  
struggling on. There's a compensation for every  
cross you bear. A secret consolation is hidden  
somewhere there. If only you can find it. If only  
you can wait, an angel comes to comfort the lost  
and desolate. And even when a dear one is taken  
from your sight, and sorrow casts its shadow across  
the golden light, there comes the sweet assurance  
that love can never die. For ends are new  
beginnings and this is not goodbye. The faithful  
heart looks forward to eternity.  
The best is never over. The best is yet to be.

Meditation

Brighten your day  
And lighten your way  
Lessen your cares  
With daily prayers  
Quieten your mind  
Leave tension behind  
And find inspiration  
In hushed meditation.

\*\*\*\*\*

An experience to share with others

Some years ago having experienced two bereavements within a few months we were feeling very low. We read of a similar experience suffered by a Jewish family. Because of copy right the story cannot be reproduced word for word but was as follows:-

Some centuries ago there lived a Jewish Rabbi and his wife who had two sons. One day as the father was out at work the sons died. The wife not knowing how to break the news to her husband avoided his questions about the boys. After supper she asked permission to put a question to him. She explained that some years earlier she had been given a great treasure for safe keeping, the owner had called to collect this treasure what should she do? The husband said the treasure must be returned to the owner. Without any further comment she led her husband into the room where the bodies of their two sons lay. As the father sat sobbing his wife gently reminded him of her question and his answer, adding "The Lord gave, and the Lord hath taken away; blessed be the name of the Lord".

Our prayer is that others may find the same comfort that we found.

R. J. & M. J. Edmonds.

He is Always There

In sickness or health  
In suffering or pain  
In storm-laden skies  
In sunshine and rain  
God always is there  
To lighten your way  
And lead you through 'darkness'  
To a much brighter day.

\*\*\*\*\*

This is my Prayer

Bless me, heavenly Father,  
forgive my erring ways.  
Grant me strength to serve Thee  
put purpose in my days ....  
Give me understanding  
enough to make me kind  
So I may judge all people  
With my heart and not my mind ....  
And teach me to be patient  
in everything I do  
Content to trust your wisdom  
and to follow after you ....  
And help me when I falter  
and hear me when I pray  
And receive me in thy Kingdom  
to dwell with thee some day.

\*\*\*\*\*

How little we Know

God, how little we really are aware  
Of the pain and the trouble and deep despair  
That floods the hearts of those in pain  
As they struggle to cope, but feel its in vain  
Crushed with frustration and 'no haven to seek'  
With broken spirits and bodies so weak ....  
And yet we forget Christ suffered and died  
And hung on the cross and was crucified,  
And He did it all so some happy day  
When the sorrows of earth have passed away  
We who have suffered will forever be free  
To live with God in Eternity.

\*\*\*\*\*

The Guiding Hand

from a writer who suffers from Muscular Dystrophy

New paths lead often into the unknown  
To reap what those who're gone before have sown  
Yet all along the way a light is shed  
And by the gracious Hand of God we're led.

The changing seasons bring the sun and snow  
And Summer breezes turn to winds that blow;  
Still keeping faith, the rainbow's colours shine -  
God's promise is endorsed by His own sign.

Fear not to tread upon the King's highway  
Step out and hear the voice of Jesus say,  
"Behold my way leads to a better land"  
And let Him guide you with His nail-pierced Hand.

\*\*\*\*\*

In Memory

I was thinking of you today Elsie, but that is nothing  
new.  
I was thinking about you yesterday and the day before  
that too.  
I will think of you tomorrow and all the years as we  
pass through.  
I will think of you forever for I thought the world of  
you.

Meta.

\*\*\*\*\*

IMMANUEL

Tune:-- Blaenwern.

See the lowly shepherds tending  
To their restless flocks by night.  
See God's angel now descending  
From the heavens all radiant bright,  
Flooding Juda's fields with glory,  
Filling every heart with fear,  
But he comforts them by bringing  
Tidings of great joy and cheer.

Hear the angel's wondrous story  
As he tells the news from Heaven,  
Unto you and to all people  
Is the glorious message given,  
Born this day in David's city  
Is a Saviour, Christ the Lord  
For the babe in Bethlehem's manger  
Is the eternal Son of God.

Suddenly a host from Heaven  
With the angel now unite  
In giving praise and saying "Glory To God"  
in the loftiest height.  
"Peace on Earth", oh, hear them speaking  
Faithful promise from above  
And goodwill to men if offered  
By the God of grace and love.

With what joy the shepherds hasten  
To behold their Lord and King,  
In a manger God incarnate  
Lies a little baby thing.  
Mystery too great to ponder,  
Mary's child, yet God's own Son  
Come to break our bonds asunder,  
Come to save a world undone.

"Jesus, Saviour of His people,  
"Immanuel", God with us alway,  
"Wonderful, His name forever,  
"Counsellor" to us each day,  
"The Mighty God", there is no other,  
"The everlasting Father!", sure,  
"The Prince of peace", His kingdom cometh  
And forever shall endure.

Now, Lord Jesus, we would praise Thee  
On this happy Christmas Day,  
For Thy wondrous birth, so lowly,  
In a stable strewn with hay.  
Like the shepherds, we would worship,  
Like the wise men, we would bring  
All our love and adoration  
To our Saviour, Lord and King.

Joe Coulter.

Mrs. Mary Gray.

\*\*\*\*\*

FAITH

Oh, Father, grant once more to men  
A simple, childlike faith again  
Forgetting colour, race and creed  
And seeing only the heart's deep need  
For Faith alone can save man's soul  
And lead him to a higher goal  
For there's but one unfailing course  
We win by Faith and not by Force.

\*\*\*\*\*

POEM

Christ has no hands but our hands to do his work to-day  
He has no feet but our feet to lead men in his way,  
He has no tongue but our tongue to tell men how he died,  
He has no help but our help to bring them to his side.

We are the only Bible the careless world will read,  
We are the sinners' gospel, we are the scoffers' creed,  
We are the Lord's last message given in word and deed;  
What if the type be crooked?  
What if the print be blurred?  
What if our hands be busy with other work than His?  
What if our feet are walking where sin's enticement is?  
What if our tongues are speaking of things his lips  
would spurn?  
How can we hope to help him and hasten His return.

W.O. Bell.

\*\*\*\*\*

Not until the loom is silent and the shuttles cease to fly,  
Will God unroll the canvas and explain the reason why  
The dark threads are as needful in the Weavers'  
skilfull hands,  
As the threads of Gold and Silver in the pattern he  
has planned.

For Anne and in memory of Joan.

Nana and John Gordon,  
57 Pommern Parade,  
Belfast.

\*\*\*\*\*

Two Way Prayer

You're troubled and worried  
you don't know what to do  
So you seek God in prayer  
and he listens to you.  
But you seldom pause to let God speak  
You just want the answer  
that you desperately seek ....  
And after you've pleaded  
you don't give God a chance  
To discuss the best way to meet your circumstance  
And you really miss the best part of prayer  
Which is feeling and knowing  
God's presence is there  
For so few of us linger  
to quietly share  
The 'silent communion' that fills the air.  
In which God is speaking and telling us why  
Sometimes there's no answer  
to our immediate cry ....  
So pause for a while and just silently wait  
And give God a chance to communicate  
For two-way prayer forms a joyous relation  
When we listen to God in 'shared meditation.'

\*\*\*\*\*

Thank God for Little Things

Thank you, God, for little things  
that often come our way -  
The things we take for granted  
but don't mention when we pray -  
The unexpected courtesy,  
the thoughtful, kindly deed -  
A hand reached out to help us  
in the time of sudden need -  
Oh make us more aware, dear God,  
of little daily graces  
That come to us with "sweet surprise"  
from never-dreamed-of places.

\*\*\*\*\*

H. Beattie.

A Man's Worth

Not, how did he die, but how did he live.  
Not, what did he gain, but what did he give.  
These are the units to measure the worth  
Of a man, as a man, regardless of birth.

Not, what was his station, but had he a heart  
And how did he play his God given part  
Was he ever ready with a word of good cheer  
To bring back a smile to banish a tear.

Not, what was his Church or what was his creed  
But had he befriended those really in need.  
Not, what did the sketch in the newspaper say  
But how many were sorry when he passed away.

Molly McQueen

(In memory of her parents Mr. & Mrs. D. Murray.)

Out of Darkness

Jesus take me out of Darkness  
Open my eye and let me see  
Show me light to follow my saviour  
For its with Him I want to be  
So lift up your hearts this very day  
and turn to Jesus, Don't run away  
For Jesus did not die in vain  
He died that we would be born again.

In Loving Memory of my Loving Grandparents  
Elizabeth and James Walker also my Son  
Mark William Smyth.  
"The Lord gave 'st and the Lord Taketh away,"

Mr. Thomas James Smyth  
244 Beersbridge Road.

\*\*\*\*\*

### A Prayer of Thanks

Thank you God, for everything  
I've experienced here on earth -  
Thank you for protecting me  
from the moment of my birth -  
And thank you for the beauty  
around me everywhere,  
The gentle rain and glistening dew,  
the sunshine and the air  
The joyous gift of 'feeling'  
the souls soft, whispering voice  
That speaks to me from deep within  
and makes my heart rejoice -  
Oh, God, no words are great enough  
to thank you for just living  
And that is why every day  
is a day for real Thanksgiving.

### Unselfish Giving

Time is not measured by the years that you live  
But by the deeds that you do and the joy that you give  
And each day, as it comes brings a chance to each one  
To love to the fullest, leaving nothing undone  
That would brighten the life or lighten the load  
Of some weary traveller, lost on life's Road -  
So what does it matter how long that we live  
If as long as we live - we unselfishly give.

### Meditation

Not all we want but all we need,  
This is the promise that we read,  
He always hears His children's cry,  
And every need He will supply.

\*\*\*\*\*

The Old Rugged Cross

In loving memory of my late husband George.

On a hill far away stood an old rugged cross,  
The emblem of suffering and shame.  
And I loved that old cross where the dearest and best  
For a world of lost sinners was slain.

Chorus

So I'll cherish the old rugged cross,  
Till my trophies at last I lay down.  
I'll cling to the old rugged cross  
And exchange it some day for a crown.

Oh that old rugged cross, so despised by the world,  
Has a wondrous attraction for me.  
For the dear lamb of God left His glory above,  
To bear it to dark Calvary.

In the old rugged cross, stained with blood so  
divine,

A wondrous beauty I see;

For 'twas on that old cross Jesus suffered and died,  
To pardon and sanctify me.

To the old rugged cross I will ever be true,

And its shame and reproach gladly bear,

Then He'll call me some day to my home far away,  
Where His glory forever I'll share.

Catherine Dobbin.

PRAYER

I believe God answers prayer  
Answers always everywhere  
I can take my anxious care  
Burdens I could never bear  
To the God who answers prayer.

Bayna Wilson.

\*\*\*\*\*

Mystery and Miracle

In the beauty of a snowflake  
Falling softly on the land,  
Is the Mystery and the Miracle  
Of God's great, creative hand.

\*\*\*\*\*

Reflections of God

The silent stars in timeless skies,  
The wonderment in children's eyes,  
The Autumn haze, the breath of Spring,  
The chirping song the crickets sing,  
A rosebud in a slender vase  
Are all reflections of God's Face.

\*\*\*\*\*

God, grant us grace, so to pray as to deserve  
to be heard.

Amen

\*\*\*\*\*

O Lord, Change this world and I pray -  
begin with me.

Amen

\*\*\*\*\*

Forgiveness

Since God forgives us, we too must forgive  
And resolve to do better each day that we live.  
By constantly trying to be like Him more nearly  
And to trust in His wisdom, and love Him more dearly.

\*\*\*\*\*

Contentment

Be content with simple things,  
Make the most of what life brings,  
Be content to smile and say-  
"Isn't this a lovely day?"  
Be content and cheerful too,  
For the good things given you.  
Happiness is heaven-sent,  
It's yours, if you will be content.

A Song

It's like to sing a special song  
In gratitude and praise  
To all the understanding folk  
Who ease life's troubled ways:  
They do not point out our mistakes,  
But stretch a friendly hand  
And help to smooth the tangles out-  
Those folk who understand.

S. Small

Not until the loom is silent and the shuttles  
cease to fly,  
Will God unroll the canvas and explain the reason  
why  
The dark threads are as needful in the Weavers'  
skilfull hands  
As the threads of Gold and Silver in the pattern  
he has planned.

Nell McKee  
In memory of A loved one

\*\*\*\*\*

MOTHERS

Oh! Mothers, so weary, discouraged,  
Worn out with the cares of the day.  
You often grow cross and impatient,  
Complain of the noise and the play.  
For the day brings so many vexations,  
So many things going amiss,  
But Mothers whatever may vex you  
Send the children to bed with a kiss.

The dear little feet often wander,  
Perhaps from the pathway of right,  
The dear little hands find new mischief  
To try you from morn until night.  
But think of the desolate Mothers  
Who would give all the world for your bliss,  
And as thanks for your infinite blessing  
Send the children to bed with a kiss.

Elizabeth McCully  
In memory of my own Mother.

Failing Hands

If I fail my grip to keep,  
When storms are wild and paths are steep,  
Lord hold me up.  
My soul sustain, till strength and courage I regain.  
Human hands grow weak and cold, we fail to keep that  
First firm hold. With Hope and Faith I'll cling to  
Thee, but should I fall, Lord, cling to me.

Margaret Edmonds

\*\*\*\*\*

There's Someone who cares about You.

If sometimes you feel that nobody cares  
And you're sad, and afraid that that's true  
Then its time to remember, one simple fact  
There is Someone who cares about you.

There's Someone who's with you, each step of the way  
No matter how rocky the road is  
Someone who'll help you and guide you along  
No matter how heavy the load is

Someone who'll show you that beautiful skies  
Are there - high above the dark storm  
Someone who'll lead you gently along  
To a place where its friendly and warm.

Someone who'll always deal in the truth  
Though others who care less may flatter  
Someone who knows all your failings by heart  
And shows you, they really don't matter.

So never be troubled with insecure fears  
Or thoughts that you're going alone ....  
There's Someone who loves you .... Someone who cares  
Someone who calls you His own.

Glynis Riordan.

\*\*\*\*\*

Saint Francis of Assisi

Lord, make me an instrument of thy peace,  
Where there is hatred, may I sow love.  
Where there is injury - pardon  
Where there is discord - union  
Where there is doubt - faith  
Where there is despair - hope  
Where there is darkness - light  
Where there is sadness - joy  
O Master, make me not so much to be consoled  
as to console; not so much to be loved as to love;  
not so much to be understood as to understand;  
for it is in giving that one receives; it is in  
self-forgetfulness that one finds; it is in pardoning  
that one is pardoned; it is in dying that one finds  
eternal life.

Charles Riordan.

\*\*\*\*\*

The Children

Let us pray for all the little children everywhere  
Embracing every creed and race and colour in our prayer.  
Pray that every child may have the opportunity,  
to follow in the footsteps of the MAN OF GALILEE.  
Only thus can we ensure the future of mankind. In the  
heart of every child His truth must be enshrined:  
The love of good, of brotherhood, of righteousness and  
peace. All children must be led to Him, then truly war  
will cease. They will build the ruined world, and  
those as yet unborn will live to see the splendour  
of a new and glorious dawn, the dawn of hope and  
happiness for nations great and small.  
Pray then for all the children, may the Father bless  
them all.

Margaret Edmonds.

\*\*\*\*\*

The House of Prayer

'The House of Prayer' is no farther away...  
Than the quiet spot where you kneel and pray  
For the heart is a temple when God is there  
As you place yourself in his loving care.

\*\*\*\*\*

Sorrow

There's a lot of comfort in the thought  
That sorrow, grief and woe  
Are sent into our lives sometimes  
To help our souls to grow  
For through the depths of sorrow  
Comes understanding love,  
And peace and truth and comfort  
Are sent from God above.

\*\*\*\*\*

God's Love

God hath not promised skies always blue  
Flower strewn pathways always for you  
God hath not promised sun without rain  
Joy without sorrow, peace without pain  
But he hath promised strength from above  
Unfailing sympathy, undying love.

Alison Anderson

\*\*\*\*\*

A Prayer for those who live alone

I live alone, dear Lord, Stay by my side,  
In all my daily needs Be Thou my guide.  
Grant me good health, For that indeed, I pray,  
To carry on my work, From day to day.  
Keep pure my mind, My thoughts, my every deed,  
Let me be kind, unselfish in my neighbour's need,  
Spare me from fire, from flood, Malicious tongues,  
From thieves, from fear, and evil ones.  
If sickness or an accident befall,  
Then humbly, Lord I pray, Hear, Thou my call,  
And when I'm feeling low, or in despair,  
Lift up my heart and help me in my prayer.  
I live alone, dear Lord, Yet have no fear,  
Because I feel Your Presence Ever Near.

AMEN.

J. Orr.

\*\*\*\*\*

What doth the Lord require?

What doth the Lord require of thee but to do  
justly and to love mercy and to walk humbly  
with thy God.

E. Wilson.

\*\*\*\*\*

LASTING PEACE

"Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which passes all understanding will keep your hearts and your minds in Christ Jesus"

Philippians 4:6,7.(RSV)