

Meditation and Prayer

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How wonderful it is to read and hear the words of others,
To let our imaginations build on the thoughts of others,
To expand ideas and images in our own minds.

In making ideas and images our own,
we transform them and make them our own.
Out of something, we create something new.

Every day is like that.

We wake up and start another day that on the surface might be just like any
other day.

But it isn't. It's different.

It's a new adventure and a new set of experiences.

We add something of ourselves to each new day,
and live another day like no other.

What a wondrous thing, to live through a day,
to fill it with activity and thinking,

to enhance our own lives

by doing something a little bit differently each day.

Let us enrich ourselves by trying something new.

Let overcome our fears of failure by seizing opportunities and taking risks.

We are truly blessed.

Let us remain together in silent meditation: