1 Robert Louis Stevenson was born in Edinburgh in November 1850. He is known for having written ‘Treasure Island’, ‘Kidnapped’ and ‘The Strange Case of Dr Jekyll and Mr Hyde’.

2 We are going to listen to 6 of the 12 points which he called his “Pattern for Living”. We’ll pause for a moment after each one:

3 “Make up your mind to be happy, and learn to find pleasure in simple things…

4 “Make the best of your circumstances. No-one has everything, and everyone has something of sorrow intermingled with the gladness of life. The trick is to make the laughter outweigh the tears…

5 “Don’t take yourself too seriously. Don’t think that somehow you should be protected from misfortunes that befall others…

6 “You can’t please everybody. Don’t let criticism worry you…

7 “Don’t let your neighbour set your standards. Be yourself…

8 “Do the things you enjoy doing, but stay out of debt…”

9 Let us pray:

   God our Father,
   you are very pleased when you see people living fully,
   developing their talents,
   living a balanced life,
   and being of service to others.
   We ask you to inspire us to live as you would have us live and walk in your presence.
   Amen.