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- 1 One of the early Christian writers was called Eusebius, and he died about the year 340A.D. He wrote these words which we will make our prayer today:
- 2 **May I be no-one's enemy,
and God's friend.
May I never quarrel
with those nearest me
but, if I do,
may I be reconciled quickly.
May I never plot evil against others,
and if anyone plots evil against me
may I escape unharmed
and without the need
to hurt anyone else.**
- 3 **May I love and seek and achieve
only what is good.
May I desire happiness for all,
and may I envy no-one.
May I never find pleasure
at the misfortune of someone
who has done wrong to me.**
- 4 **May I gain no victory
that harms either me
or my opponent.
May I reconcile friends
who become angry with one another.
May I, insofar as I can,
give all necessary help
to those who are in need,
and never fail a friend in trouble.**
- 5 **May I respect myself
and always keep in control of myself,
being gentle in attitude
and never letting circumstances
make me angry with others.
May I never discuss the wicked
or what they have done wrong,
but know good people
and follow in their footsteps.
Amen.**

This is an excerpt from the page of this date in
'Praying Each Day of the Year',
a 3-volume book
by Nicholas Hutchinson, FSC.

For details:

<http://www.matthew-james.co.uk/>

Could make use of a search engine
to research this topic further.

This material is part of
the prayer and education website
of the De La Salle Brothers
in Great Britain:
www.prayingeachday.org