

1 In parts of Africa, when people have a very heavy burden to carry, they sometimes place it at one end of a pole, and then tie a stone of the same weight on the other end. Then the pole or stick is carried across the shoulders, with one weight or burden balancing the other. Carrying two burdens is easier than carrying one.

2 Dag Hammarskjöld, the second Secretary General of the United Nations (who was killed in a plane-crash in September 1961), expressed the same thing in a different way:

*“What makes loneliness and anguish  
is not that I have no-one  
to share my burden,  
but this -  
I have only my own burden to bear.”*

3 *Let us pray:*

**Lord, when I am hungry**

- **lead me to feed others.**

**When I am thirsty**

- **give me water  
to satisfy others' thirst.**

**When I am sad**

- **lead me to bring joy to others.**

**When burdens weigh upon me**

- **lay upon my shoulders  
the burdens of other people.**

**Lord, when I am greatly in need  
of tenderness and support**

- **lead me to help someone  
in greater need.**

**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](http://www.prayingeachday.org)