St Francis Assisi

Where there is hatred,

let me sow love,

Where there is injury, pardon,

Where there is darkness, light,

Where there is sadness, joy,

Where there is doubt, faith,

And where there is despair, hope.

O Divine Master,
grant that I may not so much seek
To be consoled, as to console,
To be understood, as to understand.
To be loved, as to love

For,
It is in giving, that we receive,
It is in forgiving, that we are pardoned,
And it is in dying, that we are born
to Eternal Life