

Prayers taken from the Lent Eucharist booklet used in Holy Trinity

You will not be able to carry another's burdens unless
you first lay down your own.
Unburden yourself first to carry another's.

Lord Jesus Christ,
may the shepherds of your Church
watch over the flock of your faithful worthily,
so that they may successfully reach you
who are the Easter of all the saints
and blessed through all the ages.

From the sermons of St Anthony (c.251-356)

If your morals make you drear,
depend upon it, they are wrong.

Robert Louis Stevenson (1850-1894)

Fasting

Do not limit the benefit of fasting merely to abstinence from food, for
a true fast means refraining from evil. Loose every unjust bond, put
away your resentment against your neighbour, forgive him his
offences. Do not let your fasting lead only to wrangling and strife.
You do not eat meat, but you devour your brother; you abstain from
wine, but not from insults. So all the labour of your fast is useless.

St Basil the Great (330-379)

The chief and top of our knowledge consists
in the book of books, the storehouse and magazine
of life and comfort, the holy Scriptures.
There we suck and live.

George Herbert (1593-1633)

Unless the eye catch fire
The God will not be seen.
Unless the ear catch fire
The God will not be heard.
Unless the tongue catch fire
The God will not be named.
Unless the heart catch fire
The God will not be loved.
Unless the mind catch fire
The God will not be known.

They pray unceasingly who combine prayer with necessary duties and duties with prayer. Only in this way can we find it practicable to fulfil the commandment to pray always. It consists in regarding the whole of Christian existence as a single great prayer. What we are accustomed to call prayer is only part of it.

Dearest Lord, may I see you today and every day
in the person of your sick and,
while nursing them, minister unto you.
Though you hide yourself behind the unattractive disguise
of the irritable, the exacting, the unreasonable,
may I still recognise you and say,
“Jesus, my patient, how sweet it is to serve you.”
O God, while you are Jesus my patient,
deign also to be patient Jesus, bearing with my faults,
looking only to my intention,
which is to love and to serve you.

Mother Teresa of Calcutta (1910-1997)