

**Then also you shall rest in us,
even as now you work in us,
and so will that rest of yours be in us...**

**But you, O Lord,
are ever at work and ever at rest.**

Confessions of St Augustine

**O Breath of Inspiration,
in the silence of my tranquil heart,
infill me with your wisdom.**

**O, that I might radiate
the compassion and peace,
the trust and beauty of the Beloved!
Direct my steps, O Holy One, that
I may humbly walk with you.**

**A Prayer
Unknown author**