

# A Prayer which spells out for all of us what it is to love.

"May I be no one's enemy,  
and may I be the friend of that which is eternal and abides.  
May I never quarrel with those nearest me: and if I do,  
may I be reconciled quickly.  
May I love, seek and attain only that which is good.  
May I *wish for all people's happiness and envy none.*  
*May I never rejoice in the ill-fortune of one who has wronged me.*  
*When I have done or said what is wrong,*  
*may I never wait for the rebuke of others,*  
*but always rebuke myself until I make amends.*  
*May I win no victory that harms either me or my opponent.*  
*May I reconcile friends who are angry with one another.*  
*May I never fail a friend who is in danger.*  
*May I respect myself.*  
*May I always keep tame that which rages within me.*  
*May I accustom myself to be gentle,*  
*and never be angry with people because of circumstances.*  
*May I never discuss who is wicked*  
*and what wicked things they have done,*  
*but know good people and follow in their footsteps."*  
*Amen*

*(Prayer of Eusebius, 3<sup>rd</sup> century)*