

Lord, make me an instrument of Thy peace.

Where there is hatred — let me sow Love;

Where there is injury — Pardon;

Where there is doubt — Faith;

Where there is despair — Hope;

Where there is darkness — Light;

Where there is sadness — Joy.

O Divine Master, grant that I may not so much

seek to be consoled, as to console;

To be understood, as to understand;

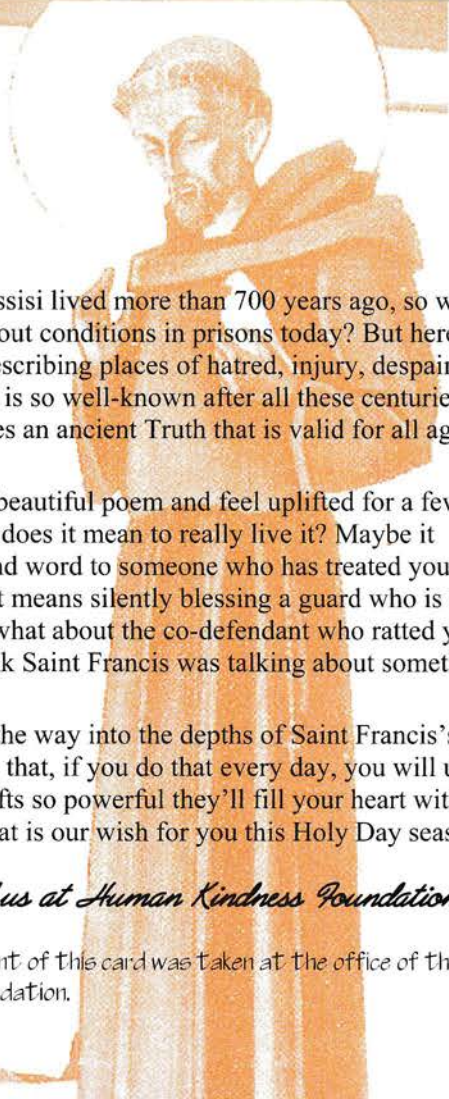
To be loved, as to Love.

For it is in giving that we receive;

In pardoning that we are pardoned;

In dying that we awaken to eternal life.





December, 2011

Dear Friends,

Saint Francis of Assisi lived more than 700 years ago, so what would he know about conditions in prisons today? But here we have his prayer, describing places of hatred, injury, despair. Perhaps his prayer is so well-known after all these centuries because it expresses an ancient Truth that is valid for all ages and all places.

It's easy to read a beautiful poem and feel uplifted for a few minutes. But what does it mean to really live it? Maybe it means saying a kind word to someone who has treated you hatefully. Maybe it means silently blessing a guard who is acting unfairly. And what about the co-defendant who ratted you out? We don't think Saint Francis was talking about something that is easy to do.

Practice going all the way into the depths of Saint Francis's words. We believe that, if you do that every day, you will ultimately discover gifts so powerful they'll fill your heart with peace and awe. That is our wish for you this Holy Day season.

Love from all of us at Human Kindness Foundation

The photo on the front of this card was taken at the office of the Human Kindness Foundation.

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