



We give thanks for our existence;
we recognize that
we rely on forces beyond our understanding.

We trust what this life brings:

we trust ourselves,
we trust our friends,
we trust our families
we trust life,
we trust the universe.

We release our past to the past,
we release our future to the future,
we accept our present.
We give up our cares and fears.

We abandon our illusions of control.
We acknowledge our complete dependence
on providence.

We relinquish our apprehension.
We rely on that which we do not understand.
We have faith.
We have courage.

Keep us from all fear today.
Open our hearts to the gifts of this moment,
and bind us to the great unknown through
complete trust.

Assist us in forming a loving image of the
ultimate mystery,
to have faith, and
the courage to give ourselves hope. Amen.

McQuiston III, John. *Always We Begin Again: The Benedictine Way of Living - Revised* (Morehouse Publishing, Harrisburg, Pennsylvania, 2011).