Let the rain come and wash away the ancient grudges, 
the bitter hatreds held and nurtured over generations. 
Let the rain wash away the memory of the hurt, the neglect. 
Then let the sun come out and fill the sky with rainbows. 
Let the warmth of the sun heal us wherever we are broken. 
Let it burn away the fog so that we can see each other clearly.
So that we can see beyond labels, beyond accents, gender or skin color. 
Let the warmth and brightness of the sun melt our selfishness,
So that we can share the joys and feel the sorrows of our neighbors. 
And let the light of the sun be so strong  that we will see all people as our neighbors. 
Let the earth, nourished by rain, bring forth flowers to surround us with beauty. 
And let the mountains teach our hearts to reach upward to heaven. AMEN

Rabbi Harold Kushner 2003
There are only two feelings. Love and fear.
There are only two languages. Love and fear.
There are only two activities. Love and fear.
There are only two motives, two procedures,
Two frameworks, two results. Love and fear.
Love and fear.


He that shuts Love out, in turn shall be
Shut out from Love,
and on her threshold lie
Howling in the outer darkness.

Tennyson

Love is like bread, it has to be made fresh every day. Author unknown

Lord, make us instruments of your peace. Where there is hatred, let us sow love; where there is injury, pardon; where there is discord, union; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. Grant that we 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; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. Amen...

Prayer attributed to St. Francis The Book of Common Prayer

May the Lord bless you and keep you. May the Lord make his face to shine upon you, and be gracious unto you. May the Lord lift up his countenance upon you and give you peace, this day and forever more. Amen...

The Priestly Blessing Numbers 24-26

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