



PRAYER RESOURCE

four directions prayer

East

All good things come from the East. The freshening wind brings warm rain and sunshine. Each day guide us to see you in everything we do, everyone we meet. Be kind in your blessings, Lord.

South

The warming south winds bring new growth, gentle rain, healing sunshine. Bless us with enough food and the good things from the earth. As we eat nourishing food help us to know you as the giver of all good gifts, Lord.

West

The sunsets in the West giving us glorious colors in our life. Night can sometimes be scary. The darkness can also mean calming, healing sleep. May good dreams and deep sleep cleanse us from all that is bad or evil. Renew and refresh us, O Lord.

North

North winds sometimes bring stormy weather and snow. Let your warmth in our coldness wrap us as with a blanket of love to keep away all that hurts. May all our people have warm houses and full tables against winter's chill, Lord.

Fr. Charles Flood, SCJ

