



PRAYER OF THE AGEING

When my eyes grow dim and I can see no longer well,
When my steps are slow and no longer steady,
When my strength fails even though my heart is willing and eager,
When I grow frail and ailing, needing a hand to meet my every need,
When at times, I feel less useful and more burdensome to those I love,
When I tend to fret and feel agitated even at the inevitable changes
Then I know Lord that my new journey has begun.

When loneliness stares hard, grant me joy and gratitude for yesteryears.
Instead of grumbling at life's thrill that are no longer mine,
Let me cherish happy memories that are always mine.
Teach me to slow down, let me sit and count my blessings.
For, everything on earth has its time, place and purpose.
Grant me wisdom, patience and graciousness worthy of my age.
Be my faithful life's companion, when I need you most.
Lord, help me grow old gracefully. Amen - Salome fsp





EXCERPTS FROM PSALM 71

(Ps 71: 1-3, 5-9, 14-18)

LORD, I have come to you for protection;
never let me be defeated!
Because you are righteous, help me and rescue me.
Listen to me and save me!
Be my secure shelter and a strong fortress to protect me;
you are my refuge and defense.

Sovereign LORD, I put my hope in you;
I have trusted in you since I was young. I have relied on you all my life;
you have protected me since the day I was born.
I will always praise you. Do not reject me now that I am old;
do not abandon me now that I am feeble.

I will always put my hope in you;
I will praise you more and more.
I will tell of your goodness;
all day long I will speak of your salvation,
though it is more than I can understand.
I will go in the strength of the LORD God;
I will proclaim your goodness, yours alone.
You have taught me ever since I was young,
and I still tell of your wonderful acts.
Now that I am old and my hair is gray,
not abandon me, O God!
Be with me while I proclaim your power and might
to all generations to come.

-DLC, Bandra

