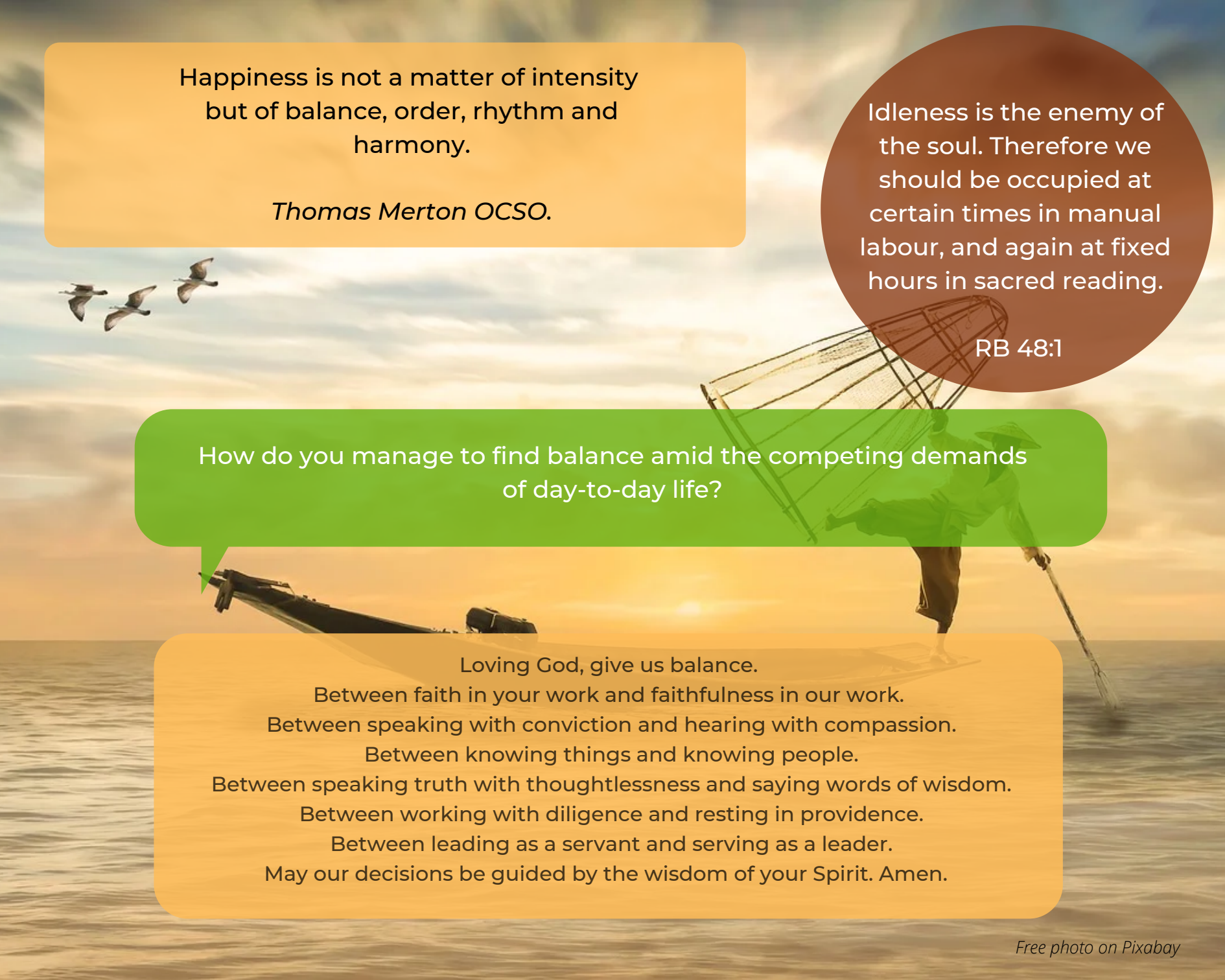
Good Samaritan Life

Balance

We gather as Good Samaritans,

People who share in God's mission.
People who commit to live in harmony with all people and all creation.

Life is a balance between holding on and letting go.
Rumi



Happiness is not a matter of intensity but of balance, order, rhythm and harmony.

Thomas Merton OCSO.

Idleness is the enemy of the soul. Therefore we should be occupied at certain times in manual labour, and again at fixed hours in sacred reading.

RB 48:1

How do you manage to find balance amid the competing demands of day-to-day life?

Loving God, give us balance.
Between faith in your work and faithfulness in our work.
Between speaking with conviction and hearing with compassion.
Between knowing things and knowing people.
Between speaking truth with thoughtlessness and saying words of wisdom.
Between working with diligence and resting in providence.
Between leading as a servant and serving as a leader.
May our decisions be guided by the wisdom of your Spirit. Amen.

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