

Be at peace.

Do not look forward with fear to the changes of life;

Rather look to them with full hope as they arise.

God, whose very own you are, will deliver you from out of them.

God has kept you hitherto, and God will lead you safely through all things;

And when you cannot stand it, God will bury you in almighty, loving arms.

Do not fear what may happen tomorrow;

The same everlasting God who cares for you today

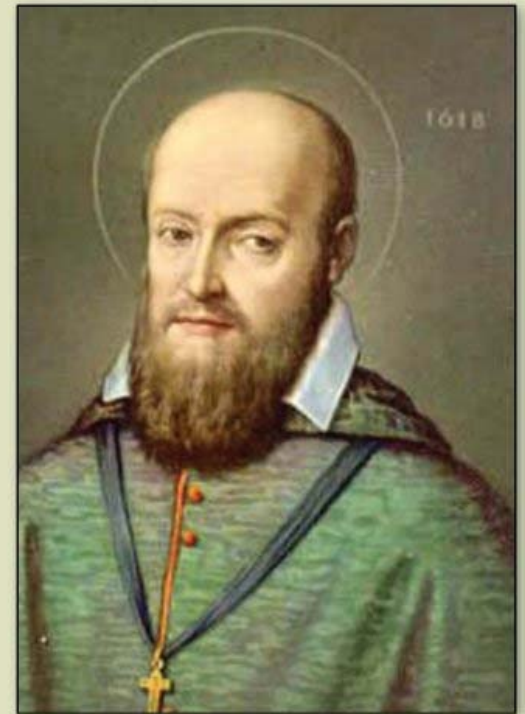
will take care of you then and every day.

God will either shield you from suffering,

or will give you unfailing strength to bear it.

Be at peace, and put aside all anxious thoughts and imagination.

-- St. Francis de Sales



St. Francis de Sales

1567-1622

Doctor of the Church

Memorial - 24 January