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- 1 One of the early Christian writers was called Eusebius, and he died about the year 340A.D. He wrote these words which we will make our prayer today:
- 2 **May I be no-one's enemy,  
and God's friend.  
May I never quarrel  
with those nearest me  
but, if I do,  
may I be reconciled quickly.  
May I never plot evil against others,  
and if anyone plots evil against me  
may I escape unharmed  
and without the need  
to hurt anyone else.**
- 3 **May I love and seek and achieve  
only what is good.  
May I desire happiness for all,  
and may I envy no-one.  
May I never find pleasure  
at the misfortune of someone  
who has done wrong to me.**
- 4 **May I gain no victory  
that harms either me  
or my opponent.  
May I reconcile friends  
who become angry with one another.  
May I, insofar as I can,  
give all necessary help  
to those who are in need,  
and never fail a friend in trouble.**
- 5 **May I respect myself  
and always keep in control of myself,  
being gentle in attitude  
and never letting circumstances  
make me angry with others.  
May I never discuss the wicked  
or what they have done wrong,  
but know good people  
and follow in their footsteps.  
Amen.**

This is an excerpt from the page of this date in  
*'Praying Each Day of the Year'*,  
a 3-volume book  
by Nicholas Hutchinson, FSC.

For details:

<http://www.matthew-james.co.uk/>

Could make use of a search engine  
to research this topic further.

This material is part of  
the prayer and education website  
of the De La Salle Brothers  
in Great Britain:  
[www.prayingeachday.org](http://www.prayingeachday.org)