

SLOW ME DOWN, LORD

Slow me down, Lord!

Ease the pounding of my heart by the
quieting of my mind.

Steady my hurried pace with a vision
of the eternal reach of time.

Give me, amid the confusion of the day,
the calmness of the everlasting hills.

Break the tensions of my nerves
and muscles with the soothing
music of the singing streams that
live in my memory. Help me to
know the magical, restoring power
of sleep.

Teach me the art of taking minute
vacations - of slowing down to
look at a flower, to chat with a
friend, to pat a dog, to read a
few lines from a good book.

Remind me each day of the fable of the
hare and the tortoise, that I may know
that the race is not always to the
swift - that there is more to life
than increasing its speed.

Let me look upward into the branches
of the towering oak and know that it
grew great and strong because it grew
slowly and well.

Slow me down, Lord, and inspire me to
send my roots deep into the soil of
life's enduring values that I may
grow toward the stars of my greater
destiny.

Richard Cardinal Cushing
Archbishop of Boston