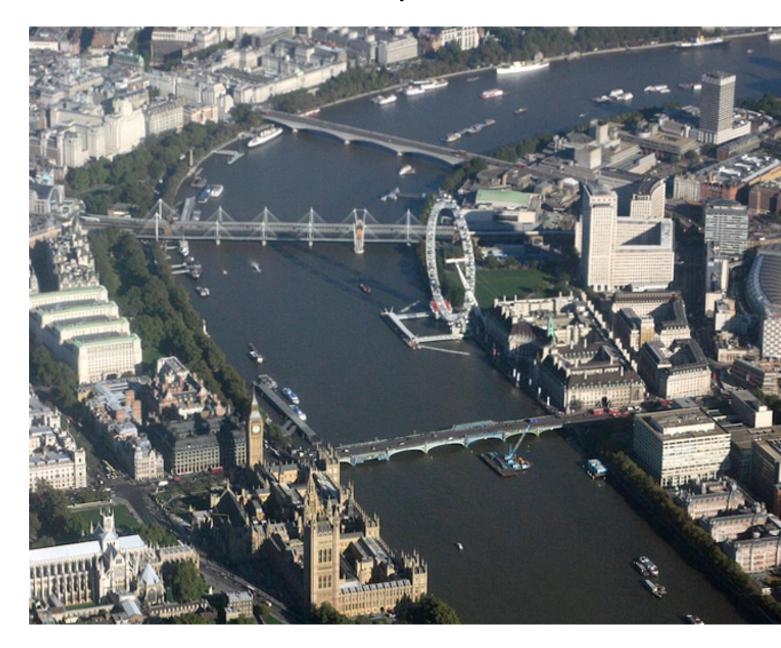
In Ambulance To Westminster - Poem and Prayer



IN AN AMBULANCE TO WESTMINSTER.

Swift and sure the Thames and you race on towards the sea; you have a broken burden and so, for sure, has he.

I swirl, the flotsam of your load, on tossing tide of turning road

from Putney Bridge to Wandsworth and on to Battersea.

Swift and sure the Thames flows on, and softly sings his song, but you the broken parts of Christ bear silently along.

Mary McKeone rscj

HEALING PRAYER

Lord, I come before you today in need of your healing hand. In you all things are possible. Please help me to renew my mind, body and soul. I am lost, but you gave me life and also the gift of infinite joy. Please give me the strength to move forward on the path you've laid out for me. Guide me towards better health and thank you for all those you have placed around me to help me to get better.

Angela McGhin

Mary McKeone rscj - Angela McGhin