

*As Al Kohallek Goes On
His Serendipity Journey He
Takes Time Out for Meditation*



*A Saint Francis Prayer
Expanded Meditation
Workshop*

The Saint Francis Prayer Shows Us What A Few Simple Words In The Master’s Hands Can Do

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CAUTION: THIS COULD BE HAZARDOUS TO YOUR OLD WAY OF LIFE.
USE THIS WORKBOOK, OR ANY OF ITS CONTENTS, AT YOUR OWN RISK

Doing what's suggested in this workbook may cause you to let go of some parts of your personal "reality." It could cause fewer limits for you. You may stop blaming other people, places, and things. You may stop being a user and become an owner of your own stuff. You may find yourself giving up some of your old resentments, pains and fears. You could even find yourself with a new understanding and awakening. You could find your Self. Neither this workbook nor any of its contents are for sale. They are for sharing. Pass it on freely to those you love and those you don't.

The Saint Francis' Prayer has been a great help for so many of us over the years. Before I worked the Twelve Steps I was I far too concerned with my selfish and self-centeredness. I had some resistance to the part that suggest: Lord, grant that I may seek rather to comfort than to be comforted, to understand, than to be understood, to love, than to be loved. After living A.As' spiritual principles for a while I realized, out of enlightened self-interest, it is best for me to give away what I want to increase. The Twelve Steps and Twelve Traditions, Alcoholics Anonymous suggest in Step Eleven: "As beginners in meditation, we might now reread this prayer several times very slowly, savoring every word and trying to take in the deep meaning of each phrase and idea." I'm not a beginner, but I have followed this suggestion many times, and I find it very useful.

During one of my meditations it came to me what a perfect example of a spiritual adult or elder prayer this is. All of us who have had some experience working with new comers in A.A. can see how important all of these statements and affirmations are. In the first place when we come into the program we needed to be comforted, loved and understood by one who had experienced being comforted, loved and understood by one who came before us.

In the spirit of the suggestion from The Twelve Steps and Twelve Traditions, Alcoholics Anonymous that we go back and forth over this prayer, we expanded it throughout this workbook, to include the experience of a spiritual; child, adolescent, adult and elder. As a way of meditation you are asked to respond to each of the following, sharing your experience, strength and hope as you understand. There is no right or wrong way. Some addition information on The Saint Francis Prayer is on page 14. It does not matter where it came from or how it came about. It embodies the spirit of Saint Francis of Assisi's simplicity, love and humility.

How this workshop works: After each statement write your response to that statement in the left-hand column what you experience when you are in agreement with that statement as you understand it. In the right-hand column write what you experience when you are in conflict with that statement, as you understand it. If the box is too small for your response use a separate sheet of paper.

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Action - We offer the following suggestions: You may choose to do this workbook alone. However, if you can do it with another person or group, [perhaps with others as a forty-day project] the extra benefits will be well worthwhile. Of course it is best to share face to face, [which we are able to do in a workshop], but that may not work for you. You may choose to share with one another by telephone, email or text. When you awaken each morning for the next forty days take one of the statements to focus on. Start by reading the whole Saint Francis Prayer [that only takes about one minute – after forty days it is likely to become a habit]. Ask your Higher Power for guidance and understanding for the “statement of the day.” Read the statement over two or three times, pray about it, meditate on it, then write your response. Take whatever action you are guided to do or not to do. Share it.

In this workbook, the first fifteen statements you are asked to respond to are found in the version of The Saint Francis Prayer from the Twelve Steps and Twelve Traditions – Alcoholics Anonymous – Step Eleven.

Starting with statement sixteen through statement thirty we first wrote the statement as we did in the first fifteen – then we wrote a statement reflecting a thought starter – that is, how we experience that original statement in our own words. For an example you may change the word channel to instrument or agent as some of the other versions. Changing just one word causes a different response – being an open channel is like a passive flow of divine energy – an instrument means we are a tool in the Hands of our Higher Power to build or remove obstructions – being an agent means that we are in a relationship with our Higher Power as a co-creator with an active part in the process.

Words are symbols of symbols with a personal meaning for each of us. Each time we change, add or take a word away we give it a different meaning. When we experience that personal meaning it becomes part of us, thinking about, talking about it does not make it so, only our experience will let us own it. How many times have we thought about, talked about, wished for, or prayed to be free from something or someone but was unable consistently to do so. We may read a thousand cook books and menus and starve to death, but once we have eaten whatever it becomes part of us. When we respond giving a personal example that action makes it more real for us instead of generalizing.

Respond to the last ten statements beginning with number thirty-one in the spirit of the Saint Francis Prayer as you now understand it. One of the ways Saint Francis would expand his understanding of others he would trade places with that person. For example he traded places with a beggar by giving the beggar his clothes in exchange for the beggar clothes and begged for brick to rebuild a church. How would you walk in his shoes?

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WHEN I’M IN AGREEMENT WITH THIS I EXPERIENCE: Write your response to the statement.	WHEN I AM IN CONFLICT WITH THIS I EXPERIENCE: Write your response to the statement.
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1. Lord, make me a channel of thy peace

When I’m in AGREEMENT I experience:	When I’m In CONFLICT I experience:

2. that where there is hatred, I may bring love

When I’m in AGREEMENT I experience:	When I’m In CONFLICT I experience:

3. that where there is wrong, I may bring the spirit of forgiveness

When I’m in AGREEMENT I experience:	When I’m In CONFLICT I experience:

4. that where there is discord, I may bring harmony

When I’m in AGREEMENT I experience:	When I’m In CONFLICT I experience:

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5. that where there is error, I may bring truth

When I’m in AGREEMENT I experience:	When I’m In CONFLICT I experience:

6. that where there is doubt I may bring faith

When I’m in AGREEMENT I experience:	When I’m In CONFLICT I experience:

7. that where there is despair, I may bring hope

When I’m in AGREEMENT I experience:	When I’m In CONFLICT I experience:

8. that where there are shadows, I may bring light

When I’m in AGREEMENT I experience:	When I’m In CONFLICT I experience:

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9. that where there is sadness, I may bring joy

When I’m in AGREEMENT I experience:	When I’m In CONFLICT I experience:

10. Lord, grant that I seek rather to comfort than to be comforted

When I’m in AGREEMENT I experience:	When I’m In CONFLICT I experience:

11. to understand, than to be understood

When I’m in AGREEMENT I experience:	When I’m In CONFLICT I experience:

12. to love than to be loved.

When I’m in AGREEMENT I experience:	When I’m In CONFLICT I experience:

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13. For it is by self-forgetting that one finds.

When I’m in AGREEMENT I experience:	When I’m In CONFLICT I experience:

14. It is by forgiving, that one is forgiven.

When I’m in AGREEMENT I experience:	When I’m In CONFLICT I experience:

15. It is by dying that one awakens to Eternal Life. Amen

When I’m in AGREEMENT I experience:	When I’m In CONFLICT I experience:

16. Lord, make me a channel of thy peace [Father, if you will make me an open clear channel and actively an agent of your peace that is beyond my understanding]

When I’m in AGREEMENT I experience:	When I’m In CONFLICT I experience:

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17. that where there is hatred, I may bring love [hatred in the absence of the consciousness of love not its opposite so let me return to love]

When I’m in AGREEMENT I experience:	When I’m In CONFLICT I experience:

18. that where there is wrong, I may bring the spirit of forgiveness [when I miss the mark let me seek correction in the spirit of loving forgiveness]

When I’m in AGREEMENT I experience:	When I’m In CONFLICT I experience:

19. that where there is discord, I may bring harmony [that where there is a disagreement, tension, conflict or any form of disharmony let me bring a spirit of loving cooperation and harmony]

When I’m in AGREEMENT I experience:	When I’m In CONFLICT I experience:

20. that where there is error, I may bring truth [in seeking a correction for an error let me not be fooled by the facts that my beliefs, my personal “reality” drew to me – often facts get in the way of truth]

When I’m in AGREEMENT I experience:	When I’m In CONFLICT I experience:

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21. that where there is doubt I may bring faith [to doubt is to be double-minded so let my eye be single by turning to an abiding faith in the grace of our Higher Power]

When I’m in AGREEMENT I experience:	When I’m In CONFLICT I experience:

22. that where there is despair, I may bring hope [hope is an illusion unless we join it with action – action is the magic word – or faith without works is dead]

When I’m in AGREEMENT I experience:	When I’m In CONFLICT I experience:

23. that where there are shadows, I bring light [standing in the fullness of light there are no shadows]

When I’m in AGREEMENT I experience:	When I’m In CONFLICT I experience:

24. that where there is sadness, I may bring joy [to practice the Program in all our affairs will bring about the promises we seek and we will experience joy, happiness and freedom]

When I’m in AGREEMENT I experience:	When I’m In CONFLICT I experience:

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25. Lord, grant that I seek rather to comfort than to be comforted [many of us were first comforted before we were able to comfort others – thus we are a comforted comforter comforting]

When I’m in AGREEMENT I experience:	When I’m In CONFLICT I experience:

26. to understand, than to be understood [many of us when we came into the Program we experienced for the first time that someone understood us – so now we can pass that gift on to others by understanding them]

When I’m in AGREEMENT I experience:	When I’m In CONFLICT I experience:

27. to love, than to be loved. [here we have found the secret of life that is give away what we want – we come to understand that giving and receiving are one]

When I’m in AGREEMENT I experience:	When I’m In CONFLICT I experience:

28. For it is by self-forgetting that one finds. [this self-forgetting is of our personal “reality” which makes way for our remembering our Higher Self – which was never lost but blocked off by the world view we made up]

When I’m in AGREEMENT I experience:	When I’m In CONFLICT I experience:

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29. It is by forgiving that one is forgiven. [this opens us up to the possibility of Spiritual Discernment which judges in a way that does not call for forgiveness]

When I’m in AGREEMENT I experience:	When I’m In CONFLICT I experience:

30. It is by dying that one awakens to Eternal Life. Amen [our personal “reality” made up a world view of illusions, it is so real we must be willing to surrender all of it, - it’s not taking off our clothes, but ripping off our skin, dying, making a total commitment we’re open far beyond anything we believe possible – so be it]

When I’m in AGREEMENT I experience:	When I’m In CONFLICT I experience:

31. Upon awakening I turn to my Higher Power I choose to call ----- and I am filled with gratitude and love.

When I’m in AGREEMENT I experience:	When I’m In CONFLICT I experience:

32. I realize that my Higher Power has created me as an individual in His/Her image and likeness.

When I’m in AGREEMENT I experience:	When I’m In CONFLICT I experience:

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33. I was given a mission, purpose when I came into this body/world/universe – by practicing A.As’ Spiritual Principles - all that is not in agreement with my mission, purpose is chipped away.

When I’m in AGREEMENT I experience:	When I’m In CONFLICT I experience:

34. I no longer choose to use the drug guilt and punishment. I now realize it is a drug because my use of it gives me only a temporary fix like any drug, not the peace, love, forgiveness, harmony and comfort I long for.

When I’m in AGREEMENT I experience:	When I’m In CONFLICT I experience:

35. Like the railroad crossing sign – I **stop** dwelling on the useless and harmful – I **look** for the Presence of my Higher Power I choose to call ----- I **listen** for the Holy Voice and I follow all His/Her ways

When I’m in AGREEMENT I experience:	When I’m In CONFLICT I experience:

36. The food I ate and the water I drank today is being transformed into flesh, bones, energy, thoughts, ideas, prayers and meditations, in other words everything we call life – This Intelligence that created life cannot be replicated by a human being –yet too often we believe and act like we are without intelligence, why?

When I’m in AGREEMENT I experience:	When I’m In CONFLICT I experience:

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37. The common words used in Saint Francis Prayer are very powerful in the way he used them. The list include: peace, love, forgiveness, harmony, truth, faith, hope, light, joy, comfort, to be understood, and self-forgetting. They are not expression of the letter of the law or as a duty, but as the Spirit of the law embodied in our Father’s Loving Grace.

When I’m in AGREEMENT I experience:	When I’m In CONFLICT I experience:

38. The primary aim of life is to realize what our purpose is and reconnect consciously with that indwelling Presence within us doing the works that we call life – In other words to do and to be the Individual we were created to be. The spiritual principles offered us in A.As’ way of life are partly found in the Saint Francis Prayer .

When I’m in AGREEMENT I experience:	When I’m In CONFLICT I experience:

39. Absence from alcohol, drugs or overdependence on other people, place and things is vital to our recovery, however, without a conscious relationship with a Higher Power we cannot experience the fullness of grace flowing from this prayer.

When I’m in AGREEMENT I experience:	When I’m In CONFLICT I experience:

40. Lack of power, that was our dilemma. We had to find a power by which we could live, and it had to be a *Power greater than ourselves*. Obviously ... Well, that’s exactly what this book is about [this prayer is about]. Its main object is to enable you to find a Power greater than yourself which will solve your problem. (p45 Alcoholics Anonymous) The Saint Francis Prayer provides us with some useful spiritual tools for our quest.

When I’m in AGREEMENT I experience:	When I’m In CONFLICT I experience:

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The Prayer of Saint Francis cannot be traced back further than 1912, printed in a French spiritual magazine called La Clochette (The Little Bell) as an anonymous prayer. In 1915 appeared during the First World War. It was found written on a holy card of St. Francis, which was found in a Normal Almanac. The prayer bore no name; but in the English speaking world, on account of this holy card, it came to be called the Peace Prayer of St. Francis. According to Father Kajetan Esser, OFM, the author of the critical edition of St. Francis's writings, the Peace Prayer of St. Francis is most certainly not one of the writings of St. Francis.

<p>1915 A.D. Peace Prayer - written on the observe of a holy card of St. Francis, found in a Normal Almanac</p>	<p>Delivered by Mother Theresa when she addressed the United Nations in 1985</p>	<p>Chapter 11 of the Twelve Steps and Twelve Traditions, Alcoholics Anonymous World Services, Inc</p>
<p>Lord, make me an instrument of your peace that where there is hatred, let me sow love; Where there is injury, pardon; Where there is error, truth; Where there is doubt, faith; Where there is despair, hope; Where there is darkness, light; And where there is sadness, joy.</p> <p>O Divine Master grant that I may not so much seek to be consoled as to console; To be understood, as to understand; To be loved, as to love. For it is in giving that we receive, It is in pardoning that we are pardoned, And It is in dying that we born to eternal life.</p>	<p>Make us worthy Lord to serve our fellow men throughout the world, which live and die in poverty and hunger. Give them through our hands, this day, their daily bread and by our understanding love give peace and joy</p> <p>Lord, make me a channel of thy peace that where there is hatred, I may bring love that where there is wrong, I may bring the spirit of forgiveness that where there is discord, I may bring harmony that where there is error, I may bring truth that where there is doubt, I may bring faith that where there is despair, I may bring hope that where there are shadows, I may bring light that where there is sadness, I may bring joy.</p> <p>Lord, grant that I may seek rather to comfort than to be comforted, to understand, than to be understood to love, than to be loved. For it is by forgetting self that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to Eternal Life. Amen</p>	<p>Lord, make me a channel of thy peace that where there is hatred, I may bring love that where there is wrong, I may bring the spirit of forgiveness that where there is discord, I may bring harmony that where there is error, I may bring truth that where there is doubt, I may bring faith that where there is despair, I may bring hope that where there are shadows, I may bring light that where there is sadness, I may bring joy.</p> <p>Lord, grant that I may seek rather to comfort than to be comforted, to understand, than to be understood to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to Eternal Life. Amen</p>

A popular hymn adapted and set to music by Sebastian Temple, Make Me a Channel of Your Peace. It is an anthem of the Royal British Legion and sung every year at the Service of Remembrance at the Royal Albert Hall, London.

<p>Make me a channel of your peace: Where there is hatred, let me bring your love, Where there is injury, your pardon, Lord, And where there's doubt true faith in you.</p> <p>Make me a channel of your Peace: Where there's despair in life, let me bring hope, Where there's darkness, only light, And where there's sadness, ever joy,</p>	<p>O Master, grant that I may never seek So much to be consoled as to console: To be understood as to understand, To be loved, as to love with all my soul.</p> <p>Make me a channel of your peace: It is in pardoning that we are pardoned, In giving of ourselves that we receive, And in dying that we are born in eternal life.</p>
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Then said a rich man, Speak to us of Giving.

And he answered:

You give but little when you give of your possessions.

It is when you give of yourself that you truly give.

For what are your possessions but things you keep and guard for fear you may need them tomorrow?

And tomorrow, what shall tomorrow bring to the over prudent dog burying bones in the trackless sand as he follows the pilgrims to the holy city?

And what is fear of need but need itself?

Is not dread of thirst when your well is full, the thirst that is unquenchable?

There are those who give little of the much, which they have – and they give it for recognition and their hidden desire makes their gifts unwholesome.

And there are those who have little and give it all.

These are the believers in life and the bounty of life, and their coffer is never empty.

There are those who give with pain, and that pain is their baptism.

And there are those who give and know not pain in giving, nor do they seek joy, nor give with mindfulness of virtue;

They give as in yonder valley the myrtle breathes its fragrance into space.

Through the hands of such as these God speaks, and from behind their eyes He smiles upon the earth.

It is well to give when asked, but it is better to give unasked, through understanding;

And to the open-handed the search for one who shall receive is joy greater than giving.

And is there aught you would withhold?

All you have shall someday be given;

Therefore give now, that the season of giving may be yours and not your inheritors'.

You often say, "I would give, but only to the deserving."

The trees in your orchard say not so, nor the flocks in your pasture.

They give that they live, for to withhold is to perish.

Surely he who is worthy to receive his days and his nights, is worthy of all else from you.

And he who has deserved to drink from the ocean of life deserves to fill his cup from your little stream.

And who are you that men should rend their bosom and unveil their pride, that you may see their worth naked and their pride unabashed?

See first that you yourself deserve to be a giver, and an instrument of giving.

For in truth it is life that gives unto life – while you, who deem yourself a giver, are but a witness.

And you receivers – and you are all receivers – assume no weight of gratitude, lest you lay a yoke upon yourself and upon him who gives.

Rather rise together with the giver on his gifts as on wings;

For to be over-mindful of your debt, is to doubt his generosity who has the freehearted earth for mother, and God for father. (The Prophet [Giving] by Kahlil Gibran)

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BUILDING EQUIVALENTS: We are building Spiritual, Mental, Physical, Emotional and Social Equivalents of Your Will for us, Father for our Serendipity Journey Home. The following can be useful in building these. We have included a form to help you daily.

SPIRITUAL: Seek through prayer and meditation to improve our conscious contact with the attributes that make up Saint Francis Prayer; peace, love, forgiveness, harmony, truth, faith, hope, light, joy, comfort, to be understood, and self-forgetting. I meditate on the Spiritual Equivalents of our Father's Love and Will in which these Saint Francis Prayer attributes are expressed. Our skills for discerning Reality from our personal "reality" are awakening and growing. As my personal "reality" shadow turns to face the Divine Light I am re-generated, and my shadow is no longer.

MENTAL: "...for after all God gave us brains to use." (Page 86 Alcoholics Anonymous). We are going to be thinking all the time, unless we are in a coma, so why not choose what we want to think about. With a little practice we can do this. Throughout the day we remind ourselves to think of the spiritual gift of the day. The first thing we know, we have a habit of thinking the thoughts we want. All action starts with some level of consciousness. When we are running on automatic (habit), we're giving it our silent consent. *Mental Motivators:* thoughts that move us toward our Heart's Desire inspire us; show us we are on the right path. Those thoughts that turn us away from our Heart's Desire show us that we are off the path. Let us daily remove the obstacles blocking the intended flow of Divine Wisdom. Let us co-create a loving mental environment for these attributes to thrive and grow.

PHYSICAL: We are Individualized Divine Design, to physically express our Creator's Will on earth as it is in Heaven. I meditate on the main Attributes of a Physical Pathway. We are building the physical equivalents of our Creator's Love and Will. We live in a physical body and world. *Physical motivators:* When we are taking care of our physical bodies and world we're on the path. When we're not taking care of the physical bodies and world we get warning signals, which motivate us to get back on the path. Life is in motion; we're on the move.

EMOTIONAL: Is the Divine Loving Energy Flow - I meditate on the main Attributes of an Emotional Pathway – We are building the emotional equivalents of our Father's Love and Will, we are. These attributes of our emotions are vital to our lives, because they are a big part of our true nature. By consciously, consistently practicing these attributes, we open ourselves to Higher Self. The more impassioned these gifts, the more effective this human condition becomes. **E**motion motivators move us toward our created being in a positive flow of Divine Energy and move us away from what's not. .

SOCIAL: We are Spiritual Love Units - meditate on the main attributes of a social pathway, on the social equivalents of our Father's Love and Will, which we are. The way we're created we cannot live alone; we have to share our life with others. *Social motivators:* When joined in our common welfare, being useful, constructive and joyful we're motivated to share. When we're withholding, withdrawing we will fail and the pain of failure can motivate us to change.

I Am Dedicated, Devoted, and Committed To Do and To Be a Clear Channel
For Our Creator's Love and Will – Consciously Known or Unknown.

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Date ___ ___ / ___ ___ / ___ ___ ___ ___

An Affirmation - "On awakening this morning, I turn my consciousness, toward Your Presence Father, the Love I am, and the individual I was created as. I am filled with gratitude for what You have in mind for me today." Each day we suggest that you focus on one of the attributes of the Saint Francis Prayer, and how you choose to express it throughout the day - Spiritually, Mentally, Physically, Emotionally and Socially.

This day I choose to focus on: _____

Spiritually:

Mentally:

Physically:

Emotionally:

Socially:

A DAILY INVENTORY: That night or the next morning review how well you did with this daily practice. Note what contributed to and what was contrary to that day's attribute. By the time you completed the full forty-days on the Saint Francis Prayer you should have a good jump-start on it becoming a way of life