



## THE BLESSINGS OF CHANGE

*Begin by taking a few moments to become centered and aware of God's presence.*

*Proclamation [Dt. 30:19:20, adapted]*

**I** have set before you life and death, the blessing and the curse.  
**I** Choose life then, that you and your descendents may live, by loving the Lord, your God,  
heeding his voice, and holding fast to him.

For that will mean life for you, a long life for you to live on the land,  
**which the Lord swore he would give to your ancestors**

Abraham and Sarah, Isaac and Rebekah, and Jacob and Rachel.

**C**hange sometimes feels like a blessing-sometimes like a curse.

Reflect, for a short time on the changes you have experienced in your life-and how you may have been able to choose the life that was present in the times of change.

*After this time of reflection, pray together:*

**L**ord and source of all gifts  
**L**We rejoice in the fullness of your holy generosity.

We thank you for the gift of change,  
That gift of newness that opens doors  
closed by habit and routine.

**R. Blessed are you, Lord our God, Who gives spice to our life with change.**

We bless You and thank you as well  
for that which is stable and unchanging  
for the ancient and traditional  
which give meaning to the new and different.

**R. Blessed are you, Lord our God, Who gives spice to our life with change.**

We thank you for the capacity for change in our lives  
for without change  
There can be no real growth,  
and not true life.

**R. Blessed are you, Lord our God, Who gives spice to our life with change.**

*(Continued on page 35)*

