

OPENING PRAYER

We have full and busy lives, Lord, and may not know what it is like to sit alone, longing for a knock at the door and someone to talk to.

We are young and fit, Lord, how can we understand what it is like to be old and helpless with eyes that are dim, ears that are deaf and limbs that are stiff and clumsy.

We are fit and strong, Lord, and find it hard to imagine what it is like to be in bed day after day, suffering pain that no one wants to hear about.

Lord, we will seek out the lonely the sick , the old, and bring them into the warmth of our lives
Amen

SOLITARY SOUL

She sits there waiting patiently
and wipes away a tear,
wishing that a visitor
Would suddenly appear.

Someone to say, "How are you?"
And greet her with a smile.....
Someone to sit beside her
And chat a little while.

It s hard for her to understand
Just what she's doing there
What happended to her family
And friends who used to care ?

How come she been abandoned
Like some old worn-out shoe?
What crime has she committed?
What bad thing did she do?

True, she has a bed to sleep in
And she's sheltered from the rain,
but there's precious little else
To ease her loneliness and pain.

She's only one of many
In an oldster's home today
Who finds the price for longer life
Is much too high to pay.

That picture could be quickly changed
If all of us would spend
Some extra time just visiting
A relative or friend.

Who's shut away from all the things
That once were held so dear
And needs to be reminded
That at least someone is near....

To take her by the hand and say
" How are you ? " with a smile ,
And then sit close beside her
And just love her for a while!

Alice E Chase .

CLOSING PRAYER

Allow some time for shared reflection/ prayer

Our Father.....