



*God, our Father, we are exceedingly frail  
and indisposed to every virtuous  
and gallant undertaking.*

*Strengthen our weakness, we beseech you,  
that we may do valiantly in this spiritual war; help  
us against our own negligence and cowardice,  
and defend us from  
the treachery of our unfaithful hearts.  
for Jesus Christ's sake.*

**Thomas a Kempis (1380-1471)**