

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



*A Saint Francis Prayer  
Expanded Meditation  
Workshop*

## The Workshop For An Expanded Meditation On The Saint Francis Prayer

The Saint Francis' Prayer has been a great help for so many of us over the years. Personally 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. The Twelve Steps and Twelve Traditions, Alcoholics Anonymous suggest in Step Eleven: "As beginners in meditation, we might now reread this prayer several time very slowly, savoring every word and trying to take in the deep meaning of each phrase and idea." Well I am not a beginner but I have followed this suggestion many times. This has been very useful. Then why the resistance to these selects parts?

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 or 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 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 10.

To me 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.

Jim Willis – 16607 Blanco Road Suite 401 – San Antonio, Texas 78232 – [www.12stepworkbook.org](http://www.12stepworkbook.org)

Suggested action – 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. Ask your Higher Power for guidance 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 with those you love and those you don't.

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 *concert* 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 the back of these papers or a separate sheet of paper.

The first fifteen statements are from the Twelve Steps and Twelve Traditions – Alcoholics Anonymous – Step Eleven – respond to these first fifteen statements as they are written in this version. When you are in concert with these statement how do you feel, think and react to these words. What about when you are off the path or in conflict with it?

Starting with statement sixteen through statement thirty-one 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 version. 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 personal 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, wisher 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 AM IN CONCERT 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 am in CONCERT with this statement I experience:	When I am in CONFLICT with this statement I experience:

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

When I am in CONCERT with this statement I experience:	When I am in CONFLICT with this statement I experience:

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

When I am in CONCERT with this statement I experience:	When I am in CONFLICT with this statement I experience:

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

When I am in CONCERT with this statement I experience:	When I am in CONFLICT with this statement I experience:

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

When I am in CONCERT with this statement I experience:	When I am in CONFLICT with this statement I experience:

6. that where there is doubt I may bring faith

When I am in CONCERT with this statement I experience:	When I am in CONFLICT with this statement I experience:

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

When I am in CONCERT with this statement I experience:	When I am in CONFLICT with this statement I experience:

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

When I am in CONCERT with this statement I experience:	When I am in CONFLICT with this statement I experience:

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

When I am in CONCERT with this statement I experience:	When I am in CONFLICT with this statement I experience:

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

When I am in CONCERT with this statement I experience:	When I am in CONFLICT with this statement I experience:

11. to understand, than to be understood

When I am in CONCERT with this statement I experience:	When I am in CONFLICT with this statement I experience:

12. to love than to be loved.

When I am in CONCERT with this statement I experience:	When I am in CONFLICT with this statement I experience:

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

When I am in CONCERT with this statement I experience:	When I am in CONFLICT with this statement I experience:

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

When I am in CONCERT with this statement I experience:	When I am in CONFLICT with this statement I experience:

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

When I am in CONCERT with this statement I experience:	When I am in CONFLICT with this statement 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 am in CONCERT with this statement I experience:	When I am in CONFLICT with this statement I experience:

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 am in CONCERT with this statement I experience:	When I am in CONFLICT with this statement 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 am in CONCERT with this statement I experience:	When I am in CONFLICT with this statement I experience:

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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 am in CONCERT with this statement I experience:	When I am in CONFLICT with this statement 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 am in CONCERT with this statement I experience:	When I am in CONFLICT with this statement I experience:

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 am in CONCERT with this statement I experience:	When I am in CONFLICT with this statement 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 am in CONCERT with this statement I experience:	When I am in CONFLICT with this statement I experience:

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

When I am in CONCERT with this statement I experience:	When I am in CONFLICT with this statement I experience:

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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 am in CONCERT with this statement I experience:	When I am in CONFLICT with this statement I experience:

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

When I am in CONCERT with this statement I experience:	When I am in CONFLICT with this statement I experience:

26. to understand, than to be understood [for 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 am in CONCERT with this statement I experience:	When I am in CONFLICT with this statement 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 am in CONCERT with this statement I experience:	When I am in CONFLICT with this statement 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 am in CONCERT with this statement I experience:	When I am in CONFLICT with this statement 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 am in CONCERT with this statement I experience:	When I am in CONFLICT with this statement I experience:

30. It is by dying that one awakens to Eternal Life. Amen [our personal “reality” or ego made up a world view of illusions – because it is so real to us we must be willing to surrender all of it - it is not like taking off our clothes but ripping off our skin - dying – when we are able to make that total commitment we are open to a life far beyond anything we believe possible – so be it]

When I am in CONCERT with this statement I experience:	When I am in CONFLICT with this statement 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 am in CONCERT with this statement I experience:	When I am in CONFLICT with this statement I experience:

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

When I am in CONCERT with this statement I experience:	When I am in CONFLICT with this statement I experience:

33. I was given a mission, purpose when I came into this body/world/universe – by practicing our Program all that is not in concert with my mission, purpose is chipped away.

When I am in CONCERT with this statement I experience:	When I am in CONFLICT with this statement I experience:



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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 lone for.

When I am in CONCERT with this statement I experience:	When I am in CONFLICT with this statement 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 am in CONCERT with this statement I experience:	When I am in CONFLICT with this statement 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 caused life can not be replicated by all human being –yet too often we believe and act like we are without intelligence, why?

When I am in CONCERT with this statement I experience:	When I am in CONFLICT with this statement I experience:

37. I now realize the elements in this prayer that I want such as; peace, love, forgiveness, harmony, truth, faith, hope, light, joy, comfort, to be understood, and self-forgetting does not come through the letter of the law but the Spirit of the of love and God is love.

When I am in CONCERT with this statement I experience:	When I am in CONFLICT with this statement I experience:

38. The primary aim of life is to realize what our purpose is and reconnect consciously with that infinite Power within us doing the works that we call life – which I am in the process of living Spiritually, mentally, physically, emotionally, and socially. This Saint Francis Prayer can help us along the way.

When I am in CONCERT with this statement I experience:	When I am in CONFLICT with this statement I experience:

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39. Absence from alcohol, drugs or overdependence on other people, place and things is vital to our recovery but without a conscious relationship with a Higher Power we cannot enjoy the grace found in this prayer.

When I am in CONCERT with this statement I experience:	When I am in CONFLICT with this statement 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. Its main object is to enable you to find a Power greater than yourself which will solve your problem. (p45 Alcoholics Anonymous) I now realize that this Saint Francis prayer is in concert with our Program.

When I am in CONCERT with this statement I experience:	When I am in CONFLICT with this statement I experience:

Here are a few more ideas to meditation on:

I am building Spiritual, Mental, Physical, Emotional and Social Equivalents of Your Will for me, Father for my *Serenity Journey Home* [Now meditate on that]:

**SPIRITUAL** [*Pure Spiritual Consciousness beyond all, within all/me*] - I meditate on the main Attributes or Characteristic of a Spiritual Pathway – I meditate on the Spiritual Equivalents of our Father's Will, which are:

**MENTAL** [*Individually Divine Designed Consciousness within all/me, our capacity to be conscious*] - I meditate on the main Attributes or Characteristic of a Mental Pathway – I meditate on the Mental Equivalents of our Father's Will, which are:

**PHYSICAL** [*Individualized Divine Design to be physically expressed*] - I meditate on the main Attributes or Characteristic of a Physical Pathway – I meditate on the Physical Equivalents of our Father's Will, which are:

**EMOTIONAL** [*Divine Pure Loving Energy Flow*] - I meditate on the main Attributes or Characteristic of an Emotional Pathway – I meditate on the Emotional Equivalents of our Father's Will, which are:

**SOCIAL** [*Divine Pure Spiritual Love Units*] - I meditate on the main Attributes or Characteristic of a Social Pathway – I meditate on the Social Equivalents of our Father's Will, which are:

I affirm:

1. That my skills for discerning Reality from personal "reality" are awakening and growing.
2. That this awakening and growing includes the Spiritual, Mental, Physical, Emotional and Social becoming ever more loving, wise and useful.
3. As my personal "reality" shadow turns to face the Divine Light I am re-generated, and my shadow is no longer.
4. I now have an Ideal to be realized and a Way to this Realization. Amen [so be it]

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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 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 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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