If You Love Me, Do Not Cry

Don’t cry if you love me
If you know God’s grace
And what Heaven is like,
If you were able to listen
To the angel songs
And you see me among them,
If you were able to think for awhile
About the beauty
That no other beauty can match,
Wipe your tears and do not cry,
If you love me.
Death is nothing.
It is just having moved to the other side.
I am still what I am and you are still what you are.
What we used to be for each other is still the same.
Call me by the name you used to.
And talk to me as you have done before.
Do not use a different tone.
Do not be rigid or sad.
Continue to laugh about what used to make us laugh.
Pray for me.
Smile.
Think of me and pray with me.
Let my name be mentioned at home as before.
Without any exaggeration or distress.
Life continues to mean what it always did.
And it is still the same
The thread did not break.
Do you feel I have become outside of your thoughts
Because I am far from your sight?
No.
I am not far from you.
I am just on the other side of the road,
And everything is fine.
You will find my heart and my love pure.
Wipe your tears and do not cry,
If you love me.

St. Augustine
The Universal Prayer

Lord, I believe in you: increase my faith.
I trust in you: strengthen my trust.
I love you: let me love you more and more.
I am sorry for my sins: deepen my sorrow.
I worship you as my first beginning,
I long for you as my last end.

I praise you as my constant helper, and call on you as my loving protector.
Guide me by your wisdom, correct me with your justice, comfort me with your mercy,
protect me with your power. I offer you, Lord, my thoughts: to be fixed on you;
my words: to have you for their theme; my actions: to reflect my love for you;
my sufferings: to be endured for your greater glory. I want to do what you ask of me:
in the way you ask, for as long as you ask, because you ask it.

Lord, enlighten my understanding, strengthen my will,
purify my heart, and make me holy.
Help me to repent of my past sins and to resist temptation in the future.
Help me to rise above my human weaknesses and to grow stronger as a Christian.
Let me love you, my Lord and my God,
and see myself as I really am: a pilgrim in this world,
a Christian called to respect and love all those lives I touch,
those in authority over me or those under my authority,
my friends and my enemies.
Help me to conquer anger with gentleness, greed by generosity, apathy by fervor.
Help me to forget myself and reach out toward others.
Make me prudent in planning, courageous in taking risks.
Make me patient in suffering, unassuming in prosperity.

Keep me, Lord, attentive at prayer, temperate in food and drink, diligent in my work,
firm in my good intentions.
Let my conscience be clear, my conduct without fault, my speech blameless, my life well-ordered.
Put me on guard against my human weaknesses.
Let me cherish your love for me, keep your law, and come at last to your salvation.
Teach me to realize that this world is passing,
that my true future is the happiness of heaven,
that life on earth is short, and the life to come eternal.
Help me to prepare for death with a proper fear of judgment,
but a greater trust in your goodness.
Lead me safely through death to the endless joy of heaven.
Grant this through Christ Our Lord.

Amen

Pope Clement XI (1700-1721)
Glory be to God on high, and on earth peace, good will among men.
We praise you, we bless you, we worship you, we glorify you,
we give thanks to you for your great glory.
O Lord God, Lamb of God, Son of the Father, who takes away the sins of the world,
have mercy on us, you who takes the sins of the world.
Receive our prayer, you who sits at the right hand of the Father, and have mercy on us.
For you alone are holy, you alone are the Lord Jesus Christ,
to the glory of God the Father,
Amen.

Every day will I bless you, and I will praise your name forever, and forever and ever.
O Lord, You have always been our refuge in all generations, I said:
Be merciful unto me; heal my soul, for I have sinned against you.
Lord, I have fled unto you, teach me to do your will, for you are my God.
For from yours is the fountain of life: in your light shall we see light.
O continue your loving-kindness unto those who know you.
Vouchsafe, O Lord, to keep us this day (this evening, this night) without sin.
Blessed are you O Lord, God of our fathers, and praised and glorified is your Name forever,
Amen.

Let your mercy be upon us,
O Lord, even as we have set our hope on you.
Blessed are you,
O Lord; teach me your statutes.
Blessed are you,
O Master; make me to understand your commandments.
Blessed are you,
O Holy One; enlighten me with your precepts.
Your mercy,
O Lord, endures forever: O despise not the works of your hands.
To you belongs worship,
To you belongs praise,
To you belongs glory:
To the Father, and to the Son, and to the Holy Spirit,
now and ever, and unto ages of ages.
Amen.