

# **For Every Act of Goodness**

*A positive meditation, prayer, review, introspection -call it what you will- on goals for being a better person and contributing to repair of the world.*

*Can be used collectively or individually.*

**Let us affirm the good we have done; let us acknowledge our acts of healing and repair of the world.**

**For the good we have done and will do by acting with self-restraint and control;**

**For the good we have done and will do through acts of generosity and compassion;**

**For the good we have done and will do by offering children our love and support;**

**For the good we have done and will do by honoring our parents with care and respect;**

**For the good we have done and will do through acts of friendship and hospitality;**

**For the good we have done and will do through acts of forgiveness and reconciliation;**

**For the good we have done and will do by keeping promises and honoring commitments;**

**For the good we have done and will do through the work of our hands, and by serving others;**

**For the good we have done and will do by caring for the earth and sustaining its creatures;**

**For the good we have done and will do by housing the homeless, feeding the hungry, welcoming the stranger;**

**For the good we have done and will do by acting with integrity and honesty;**

**For the good we have done and will do through thoughtful and encouraging words;**

**For the good we have done and will do by caring for our health and that of our loved ones;**

**For the good we have done and will do by strengthening our community;**

**For the good we have done and will do through acts of civic engagement and acts of kindness performed to perfect or repair the world.**

**All these have brought light and healing into the world.**

**May these acts inspire us to renew our efforts in the years to come.**