



**PRAY  
AND ACT  
FOR  
PEACE**



**Prayer for Free Breathing and Living**

Breath of peace, fill our lungs.

Come and go giving us life.

Open the windows. Greet the neighbors.

Be and do what you want

with, in, around, for, against, from and to us.

Though each breath and every gift invites your praise,

we stand still, holding your gifts and our breath.

Help us break the chains of inherited, accepted delusions,

and run the race giving life all we've got,

going, coming, in your perfect freedom.

*Written by Duane Ediger who comes and goes from Chicago.*