

## GO PLACIDLY

### AMIDST THE NOISE AND HASTE

*and remember what peace there may be in silence  
As far as possible without surrender be on good terms with all persons.  
Speak your truth quietly & clearly; and listen to others, even the dull  
& ignorant; they too have their story.*

*Avoid loud & aggressive persons, for they are vexations to the spirit.  
If you compare yourself with others; you may become vain & bitter;  
for always there will be greater & lesser persons than yourself.  
Enjoy your achievements as well as your plans.*

*Keep interested in your career, however humble; it is a real  
possession in the changing fortunes of time.  
Exercise caution in your business affairs; for the world is full of trickery.  
But let this not blind you to what virtue there is;  
many persons strive for high ideals; and everywhere life is full of heroism.*

*Be yourself.  
Especially, do not feign affection. Neither be cynical about love;  
for in the face of all aridity & disenchantment it is perennial as the grass.  
Take kindly the counsel of the years, gracefully surrendering the things of youth.*

*Nature strength of spirit to shield you in sudden misfortune  
but do not distress yourself with imaginings.  
Many fears are born of fatigue and loneliness.  
Beyond a wholesome discipline, be gently with yourself.*

*You are a child of the universe, no less than the trees and the stars;  
you have a right to be here.  
And whether or not it is clear to you, no doubt the universe is  
unfolding as it should.  
Therefor be at peace with God, whatever you conceive Him to be,  
and whatever your labours & aspirations, in the noisy confusion of life  
keep peace with your soul.  
With all its sham, drudgery & broken dreams, it is still a beautiful world.  
Be careful. Strive to be happy.*

FOUND IN OLD SAINT PAUL'S CHURCH, BALTIMORE.

DATED 1692.