

Thought for the day – Friday 1st March 2024

By Jill Howard-Gunasekera

Birdsong

Lately I've been enjoying going outside into the garden at about 4.30 - 5pm because there's a lovely chorus of birds singing and I linger a bit to enjoy it. It's hard to spot the birds, but the sound is beautiful.

In our night prayer, which along with morning prayer, I'd encourage anyone on our enews to dip into, we take a minute or two to say thankyou for the things we are grateful for. I read from the Thanksgiving Address at a recent night prayer because each day I am enjoying the birds' free music concert.

Here are the words of gratitude from the Thanksgiving Address*:

'We put our minds together as one and thank all the birds who move and fly about over our heads. The Creator gave them the gift of beautiful songs. Each morning they greet the day and with their songs remind us to enjoy and appreciate life. The Eagle was chosen to be their leader and to watch over the world. To all the Birds, from the smallest to the largest, we send our joyful greetings and thanks. Now are minds are one.'

(*Native American – The Thanksgiving address is described as 'This ancient order of protocol sets gratitude as the highest priority. The gratitude is directed straight to the ones who share their gifts with the world.')

There's so much I love about the Thanksgiving Address, it's given me new thoughts and beautiful language. I also really like the phrase 'Now are minds are one' which feels like our 'Amen'. I think that would be a lovely collective prayer response.

