

Thought for the day – Wednesday 21st September 2022

By Revd John Marshall

Abba Amma

I was fortunate to be taught by Nicola Slee when I was on the Southwark Ordination Course. I have been delighted to read her book *Abba Amma Improvisations on the Lord's Prayer*.

I would like to share some.

Our daily bread, broth, breath, breadth

Abba Amma give us today our daily bread,
all that we need to keep body and soul:
sun and rain on our fields,
corn in our barns,
bairns in our arms,
a loving mate and friends,
peace in our land, good governance.

Give us today our daily broth,
the nourishing stuff that warms our bodies
and comforts our souls, the maternal soup,
the pottage that no one can steal from us,
our parental birthright and blessing.

Give us today our daily breath,
clean, fresh air to fill our lungs,
and none to stand on our necks,
no poisonous fumes sickening our children to death.
Let us breathe freely and deeply,
that we may sing your praise truly.

Give us today our daily breadth,
the stature and scope to grow tall,
to take up the room we were made for,
the wide-open space without bars
where our vision stretches as far as our dreams,
and both find their home, their hope, in you.

Abba Amma Nicola Slee Canterbury Press

There is a lot to think about in this prayer.

I was reminded of our friend Betty who loved to give us broth; when she wasn't giving us jollof rice.