

Thought for the day – Thursday 7<sup>th</sup> December 2023

By Revd Kit Gunasekera

A Morning Offering

I have been blessed by reading Benedictus by John O'Donohue. It's a series of blessing poems. Here is a blessing for the morning.

A Morning Offering

I bless the night that nourished my heart  
to set the ghosts of longing free  
Into the flow and figure of dream  
That went to harvest from the dark  
Bread for the hunger no one sees.

All that is eternal in me  
Welcomes the wonder of this day,  
The field of brightness it creates  
Offering time for each thing  
To arise and illuminate.

I place on the altar of dawn:  
The quiet loyalty of breath,  
The tent of thought where I shelter  
and all beauty drawn to the eye.

May my mind come alive today  
To the invisible geography  
That invites me to new frontiers,  
To break the dead shell of yesterdays,  
To risk being disturbed and changed.

May I have the courage today  
To live the life that I would love,  
To postpone my dream no longer,  
But do at last what I came here for  
and waste my heart on fear no more.

- by John O'Donohue

Wishing everyone a blessed day.