

24th February 2022

Feet

**“How beautiful upon the mountains
are the feet of him who bringeth good tidings.”**

Bible, Isaiah 52:7 (King James Version)

I enjoy writing my “Thought for the Day” pieces. I enjoy it even more when they stimulate responses from folk. Following my recent thoughts on “Mists”, I heard from a friend in the north of England. “Never mind your mists in Scotland. We have mists here too. At the moment, I can’t see my hand in front of my face. Solidarity, brother!” In a more reflective tone, I received this message, which I have permission to quote here.

Having lived in the Lake District, mist is not uncommon there either. When walking on the fells, not being able to see much farther than our feet, my dad used to say, “Don't be disappointed with no long-distance views. Just look at the jewels beneath your feet – the mosses, lichens, stones, tiny flowers ... You would have missed those treasures if the day had been clear.”

I liked that. It reminded me of a nature-tour my wife and I signed up for on the Island of Harris. It turned out we were the only participants, so we had a knowledgeable, local guide all to ourselves. Not only did he point out the views – no mists that day – and give us the local history, but he had us on our knees, looking at flowers and grasses we would never have noticed otherwise. “You would have missed those treasures ...”

Sometimes we yearn for the mists to clear. And if they do, we want to have the long view, to see ahead, to take in the whole vista in front of us. We all want a mist-free life, to know where we are and where we’re likely to be going. But when a panoramic view isn’t available, what then? “Don’t be disappointed with no long-distance views.” There are jewels beneath our feet, that we rarely take time to notice.

If you’re shrouded in mists, or, even when the mists clear and the way ahead is still uncertain, ask yourself: what are the “mosses, lichens, stones and tiny flowers” around your feet, the things you seldom stop to appreciate, those treasures you might otherwise have missed? Isaiah wrote, “How beautiful are the feet.” Why not give thanks for how beautiful are those many things that are *around* your feet too.

A prayer for today

“Look up!” you say. And I reply, “Not yet. I’ve got a lot to look at down here first.”