

1st October 2023

Grateful

**“Do not complain, and cry, and pray, but open your eyes and see,
for the light is all about you, and it is so wonderful, so beautiful ...”**

Gautama Buddha, as quoted by C W Leadbetter in *“The Masters and the Path (1925)*

Having shared a reflection on “wonder” a while ago and returning to the theme of “seeing beyond seeing” yesterday, I come full circle to the glory of our appreciation that “the light is all about you” – if only we were obedient to the injunction, “open your eyes and see”.

After a summer walk in the East Lothian countryside, I wrote this hymn, simply because I was amazed by the wonder and beauty of what I was able to see. I set it to the tune, “Yorkshire” by John Wainwright. It doesn’t need explanation. I was just grateful that I had eyes to see, and a heart to marvel at, the delights around me every day.

*I see the sun rise o’er the eastern hills,
A glimpse of hope, dispelling morning chills;
To offer all the promise of the day;
With gold and red replacing black and grey.
Give thanks to God as day yet follows night,
As rising sun our darkness puts to flight.*

*I see the moon hang high above the sea,
Filling the sky, as full as it can be;
Its silver rays dance on the rippling tide;
The lovers’ hope; the weary travellers’ guide.
Give thanks to God, and wonder at the sight
Of such a gift as this, our guardian light.*

*I see the panoply of stars once more,
Millions of glistening lights from heaven’s store,
Lifting my gaze beyond my earthly sphere;
Calling my heart to seek a new frontier.
Give thanks to God for width and breadth and height
This universe displays for my delight.*

*Give thanks to God for every sun that shines,
And every moon, and nature’s grand design
That holds the stars and planets in their place,
And marvel at the vastness of our space.
Give thanks to God, and praise this gift of light,
As with these grateful hearts we now unite.*

A prayer for today

Lord, to see you in nature’s beauty is to know you in my very soul. Thank you. Amen