

A BLESSING FOR EQUILIBRIUM

BY JOHN O'DONOHUE

from 'Benedictus – A Book of Blessings'

Like the joy of the sea coming home to shore,
May the music of laughter break through your soul.

As the wind wants to make everything dance,
May your gravity be lightened by grace.

Like the freedom of the monastery bell,
May clarity of mind make your eyes smile.

As water takes whatever shape it is in,
So free may you be about who you become.

As silence smiles on the other side of what's said,
May a sense of irony give you perspective.

As time remains free of all that it frames,
May fear or worry never put you in chains.

May your prayer of listening deepen enough
To hear in the distance the laughter of God.

Read by Rev. Jake Pomeroy