

Day 3 THANKS

Today into our case goes thanks. We spend time in thanks; the Bible says that every good thing comes from God; thank God for

5 things that you treasure in your life today.

We give thanks for things that mean a great deal to us. I have just completed a six week course titled Lifted.

Although focusing on five artists, an artist a week, it was as much about ourselves and our spiritual life as it was about the artists and the work they, and we ourselves produced.

The activity for one of the weeks was to produce our 'sacrament', what was precious to us using drawings, paintings, photos, written word. Surprisingly people collected together what might be thought of as the 'flotsam and jetsam' of life – a teddy bear, a photograph, an instrument, a book and so on – all meaningful to that

person. You will see my attempt below in the form of a collage which includes my family, God, the church, music, literature, books, art, the Eucharist for all, peace, God's creation and more.

How could you display your 'thank you treasures' and what might they be?



Prayer

Awakening
in a moment of peace
I give thanks
to the source of peace

As I set forth
into the day
the birds sing
with new voices
and I listen
with new ears
and give thanks

nearby
the flower called Angel's Trumpet
blows
in the breeze
and I give thanks

my feet touch the grass
still wet with dew
and I give thanks
both to my mother earth
for sustaining my steps
and to the seas

