



*Therefore open your eyes, alert the eyes of your spirit,
open your lips and apply your heart so that in all creatures
you may see, hear, praise, love and worship
glorify and honour your God...*

St. Bonaventure

Praised be You my Lord with all Your creatures,
especially Sir Brother Sun,
Who is the day through whom You give us light.
And he is beautiful and radiant with great splendour,
Of You Most High, he bears the likeness.

Praised be You, my Lord, through Sister Moon and the stars,
In the heavens you have made them bright, precious and fair.

Praised be You, my Lord, through Brothers Wind and Air,
And fair and stormy, all weather's moods,
by which You cherish all that You have made.

Praised be You my Lord through Sister Water,
So useful, humble, precious and pure.

Praised be You my Lord through Brother Fire,
through whom You light the night
and he is beautiful and playful and robust and strong.

Praised be You my Lord through our Sister,
Mother Earth who sustains and governs us,
producing varied fruits with coloured flowers and herbs.

St. Francis of Assisi

Light unto Light