

## Give Thanks

Thanks for my eyes  
 Which give me sight  
 Of colours, shape and form.  
 The sunset in the evening.  
 The brilliance of the morn.

Thanks for my ears  
 Which give me sounds  
 Of laughter, music, talk.  
 The waves upon the sea-shore.  
 Leaves rustle as I walk.

Thanks for my nose  
 Which gives me scents  
 Of new mown grass and rain.  
 The bacon sizzling in the pan.  
 The flowers in the lane.

Thanks for my mouth  
 Which gives me taste  
 Of all things sour and sweet.  
 Of apple pie and ice-cream  
 Delicious things to eat.

Thanks for my hands  
 Which give me touch  
 Of roughness or of smooth.  
 Of coldest snow or warmest sands.  
 And gentle strokes to soothe.

But most of all  
 My sense of me  
 Of who I am, and want to be.  
 For loving thoughts and caring acts.  
 I give my thanks for me!

*Brenda Williams*