

- 1 Helen Keller was born in the southern United States. When she was only 19 months old, a severe illness left her deaf and blind. It was extremely difficult for Helen and her family to communicate. As Helen could not hear anyone's voice to copy, she had not learned to speak. It was impossible to educate her until a young teacher called Annie Sullivan arrived. One of Annie's strengths, as she described it herself, was that she had been blind, and eventually she managed to "reach" Helen and was able to teach her.
- 2 Helen Keller graduated from college with honours, and later visited many countries, speaking about winning through, despite difficulties and physical handicaps. She died on this day in 1968.
- 3 Helen Keller said:
*"Most of us take life for granted.
 Only the deaf appreciate hearing;
 only the blind realise
 the manifold blessings that lie in sight.
 It is the same old story
 of not being grateful for what we have
 until we lose it;
 of not being conscious of health
 until we are ill.
 But I, who am blind,
 can give one hint to those who see:
 use your eyes
 as if tomorrow you would be stricken.*
- 4 *And the same method can be applied
 to the other senses:
 hear the music of voices -
 the song of the bird,
 the mighty strains of an orchestra
 - as if you would be stricken deaf tomorrow.*
- 5 *Touch each object you want to touch
 as if tomorrow
 your tactile sense would fail.
 Smell the perfume of flowers,*

*taste with relish each morsel,
 as if tomorrow
 you would never smell and taste again.*

- 6 *Make every sense glory
 in the pleasure and beauty
 which the world reveals.
 Thus, at last, you will **really see**,
 and a new world of beauty
 will open up before you.*
- 7 *Let us pray:*

**Lord our God, open us up to your Spirit
 living within us,
 that we may live fully
 each day of our lives.**

**Touch us,
 that we may become more aware
 of all that is around us,
 growing in a sense
 of wonder and awe,
 and in appreciation
 for all that we see and hear
 and touch, taste and smell.**

**May we live in such a way
 that we never take anything
 for granted,
 but always be appreciative
 and express our thanks
 to those who are part of our lives.
 Amen.**

This is an excerpt from the page of this date in
'Praying Each Day of the Year',
a 3-volume book
by Nicholas Hutchinson, FSC.

For details:

<http://www.matthew-james.co.uk/>

Could make use of a search engine
to research this topic further.

This material is part of
the prayer and education website
of the De La Salle Brothers
in Great Britain:

www.prayingeachday.org