

- 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](http://www.prayingeachday.org)