First Reading

Psalm 118:24
This is the day that the Lord has made; let us rejoice and be glad in it.

Why I Wake Early
by Mary Oliver
Hello, sun in my face.
Hello, you who make the morning
and spread it over the fields
and into the faces of the tulips
and the nodding morning glories,
and into the windows of, even, the miserable and crotchety –

best preacher that ever was,
dear star, that just happens
to be where you are in the universe
to keep us from ever-darkness,
to ease us with warm touching,
to hold us in the great hands of light –
good morning, good morning, good morning.

Watch, now, how I start the day
in happiness, in kindness.

Second Reading

If I Can Stop One Heart from Breaking
by Emily Dickinson
If I can stop one heart from breaking,
I shall not live in vain;
If I can ease one life the aching,
or cool one pain,
or help one fainting robin
unto his nest again,
I shall not live in vain.