

# A DAY AWAY

By Geoff Serpell

The 2025 'Friendship Book' recently referred to a prayer on Buddhism which asks that every creature abounds in wellbeing and peace.

It talks about "every living being", "the mean and the great", "seen and unseen", those living both far away and nearby, those born and those waiting to be born. And it wishes them all "inward peace".

We grow up hearing that God loves us.  
We believe we have a special place in

the heart of the almighty. But how small would that heart be if it only had space for us and those like us?

A divine being worthy of our adoration would have a heart for all his creation, the parts we know and the parts we don't know, those before us and those who come after us.

## Reflection:

Selfish? Perhaps, and not easy. But think how much better we will deal with those cares when we return refreshed.

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