

ST ANDREW'S CHURCH
GRAFHAM

'THOUGHT FOR THE WEEK'

2nd September 2020

As I am still on holiday this week, here is another translation (well nearly) and another re-working of Psalm 23 for you to ponder. 'Thought for the Week' will be back in its normal form next week.

With love and prayers
Camilla

Psalm 23 - metrical version by Francis Rous (1579-1659) and William Barton (1603-1678)

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| 1. The Lord's my Shepherd, I'll not want.
He makes me down to lie
In pastures green : he leadeth me
The quiet waters by. | 3. Yea, tho' I walk in death's dark vale
Yet will I fear none ill :
For thou art with me : and thy rod
And staff me comfort still. |
| 2. My soul he doth restore again
And me to walk doth make
Within the paths of righteousness
Ev'n for his own name's sake. | 4. My table thou hast furnished
In presence of my foes ;
My head thou dost with oil anoint
And my cup overflows. |
| 5. Goodness and mercy all my life
Shall surely follow me
And in God's house for evermore
My dwelling-place shall be. | |

A translation of the Japanese version

The Lord is my Pace-setter, I shall not rush;
He makes me stop and rest for quiet intervals.
He provides me with images of stillness, which restore my serenity;
He leads me in ways of efficiency through calmness of mind,
And His guidance is peace.
Even though I have a great many things to accomplish each day,
I will not fret, for His presence is here.
His timelessness, His all importance will keep me in balance.
He prepares refreshment and renewal in the midst of my activity
By anointing my mind with His oils of tranquillity.
My cup of joyous energy overflows.
Surely harmony and effectiveness shall be the fruits of my hours,
For I shall walk in the pace of my Lord, and dwell in His house for ever.

Broadcast by the Reverend Eric Frost on May 4th 1965

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