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CHRISTMAS EVE AT ST. KAVIN'S

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Be body, mind and soul,  
Subject to love's control,  
Each loving to the limit of love's power;  
And all as one, not three,  
So is man's trinity  
Enhanced and freed and gladdened hour by hour.

Beauty from youth to age,  
The body's heritage,  
Love will not forfeit by neglect nor shame;  
And knowledge, dearly bought,  
Love will account as nought,  
Unless it serve soul's need and body's claim.

Let soul desire, mind ask,  
And body crave; our task  
Be to fulfil each want in love's own way.  
So shall the good and true  
Partake of beauty too,  
And life be helped and greatened day by day.