Blessings and benison be upon you.

Light surround you and illuminate your path forth from the door of this, your Alma Mater. Light and love and tranquility and utter joy, the gifts of the Holy One, be your companions in the way.

Follow the Golden Cord of your life as it unwinds before you. Further adventure awaits: your story now continues into a land where no-one has ever been before; the rest of your life.

The collective wisdom of all our traditions, the last best wisdom that we in this ancient and august university have to share is ...... now.

The blessing and the benison are this: there can be no turning back into the past however dear to you, no stopping of time; you cannot save time: nor can you live your life any faster: the time being is what you, and we, all are given. It is all we are given. You cannot overtake your competitors by racing ahead of them through time: the velocity of your journey towards the end of your days, like theirs, is never more, never less, than that of anyone else. That we are called to live our lives into the future at one second per second is the blessing and the benison the Holy One bestows upon the wise.

The blessing and the benison are this: that you may live intensely into that second; savour every unique and irreplaceable second. Your mortality is a gift too great to squander: you can only know the Holy One in the present moment. This moment. And this.

The blessing and the benison are this: that you may share the goodness the Holy One shall give in each second of your life with those who love you. With these, your friends. With strangers in their time of need. With all your companions in the way.

Look steadily forward: may kindness illuminate your path and give you resilience and hope: these are the gifts you bear into your future. You received them here. But look back at us here, now, from time to time and give thanks: may these moments be written in the book of your memory. The blessing and the benison are this: that you, and we, are here now, and always will be in this second, for the time being. This moment too is an eternal gift of the Holy One.

Go forth in peace. The future is now and always rushing towards you at one second per second, each much too precious to waste: “This world’s no blot for us, nor blank: it means intensely and it means good. To find its meaning is your meat and drink.”

Blessings and benison be upon us all. Now and evermore. Amen.