

CELEBRATIONS

via positiva: one love

junk food

august 3, 2008

8:30, 9:45 & 11:15

celebration leaders: howard hanger

the world beat band

GATHERING

prelude & welcome to celebrating one love

you are encouraged to read the meditation readings,
and to hug, shake hands and greet some images of god.

call of the drums

we call the holy one from the four directions with the burning of sweet grass and sage

OPENING

a song to celebrate one love

you are invited to **feed the hungry** by placing an offering in the hunger baskets on the altar.

we thank you, lord, for this our food,
for tender mercies here renewed,
for friendly smiles and sunny weather
for love that brings us here together.

(w: j.hanger, sr. m: tallis canon)

a gift of poetry

“august trip”

martha adams

ACCEPTING

a prayer for junk foodies

(there will be someone at the western wall alcove to pray with you as you choose)

let us break bread together on our knees.
let us break bread together on our knees.
when i fall on my knees with my face to the rising sun,
o lord, have mercy on me.

let us drink wine together on our knees...
let us drink wine together on our knees...
when i fall on my knees with my face to the rising sun,
o lord, have mercy on me.

(trad american spiritual)

singing/healing bowl

(you are invited to play your own bowl and/or allow the sound of the buddhist bowls to open you and maybe hear your name called.)

a song of assurance

siya hamba kuk hanayen kwen kos
siya hamba kuk hanayen kwen kos
(2x)

siya hamba, siya hamba,
siya hamba kuk hanayen kwen kos
(2x)

we are walking in the light of god...
(trad. zulu song)

LEARNING

1 kings 19: 4-9
get up and eat!

john 6: 41-51
i am the bread of life.

singing & sharing a holy peace

(you are invited to offer god's peace to another and receive it, yourself)

shalom chaverim, shalom chavarim
shalom! Shalom!
lehitraot, lehitraot,
shalom, shalom!
(trad jewish greeting and farewell)

meditation on junk food

communing with bread and wine

(8:30 celebration; first sunday of the month only)
(you may pray with a jubilee! prayer partner at the western wall.)

BLESSING

offering our money

dedicating our gifts to god

imagine no possessions, i wonder if you can,
no need for greed or hunger, nor folks with empty hands.
imagine all the people sharing all the world...

you may say i'm a dreamer,
but i'm not the only one.

i hope someday you'll join us
and the world shall live as one.

(w/m - j. lennon)

a one love blessing

sayin' one love! what about the one heart? one heart!
let's get together and feel all right.
as it was in the beginning: one love,
so shall it be in the end, one heart,
give thanks and praise to the lord and I will feel all right,
singin' let's get together and feel all right.

(w/m – b. marley)

postlude

the western wall in the celebration area is there for your prayer requests. you may also visit the wall to read the requests and offer a prayer. please initial the paper to acknowledge that prayers have been said for that request.

meditation readings

(collected by anne wray)

i too spend my days grazing,
feasting on every green moment
till darkness calls . . .

- ted kooser, from “a birthday poem”

food is already holy, not profane, and may never under any circumstances be desecrated, even as a possible demonstration of something that could be more sacred.

- william mcnamara, christian mysticism

time and space. air and fire. earth and water. the hot and the dry. spring and summer. the cold and the moist. fall and winter. sight. sound. touch and smell. mercy. terror. limitation. pain. when we receive all of it, the whole of life's beauty . . . it is bread . . . it is love and we can pray the ancient prayer, “holy one of blessing, your presence fills creation, bringing forth bread from the earth.”

- gunilla norris, becoming bread

there is an old saying, “the mouth of a monk is like an oven. remember this well. there is just one taste, the world itself as it is, and a simple green vegetable has the power to become the practice of the buddha, nurturing the desire to live out the way. make the best use of whatever greens you have.

- dogen

be gentle when you touch bread.
let it not lie, uncared for, unwanted.
so often bread is taken for granted.
there is such beauty in bread -
beauty of surf and soil.
beauty of patient toil.
wind and rain have caressed it,
christ often blessed it.
be gentle when you touch bread.

- celtic prayer

at feasts, remember that you are entertaining two guests: body and soul. what you give to the body, you presently lose, what you give to the soul, you keep forever.

- epictetus

part of the feast is becoming aware of the world that is mine. part of the feast is owning this broken world as my own brokenness.

- macrina widerkehr, a tree full of angels

i recognize that at its deepest level eating is an affirmation of life. each time i eat i agree somewhere inside to continue life on earth. i acknowledge that this choice to eat is a fundamental act of love and nourishment, a true celebration of my existence. as a human being on earth, i agree to be an eater, i choose life again and again and again . . .

- marc david, nourishing wisdom

the master's reply was: "when you bring me tea to drink do i not take it? when you bring me food to eat, do i not accept it? when you bow to me, do i not acknowledge it by nodding? when was i ever at fault in instructing you in matters spiritual?" dogo stood still for a while thinking about it. the master said, "if you want to see into the matter, see it at once; deliberation makes you miss the point for ever." this is said to have awakened the disciple to the truth of zen.

- d. t. suzuki, living by zen

red onions are especially divine. i hold a slice up to the sunlight pouring in through the kitchen window, and it glows like a fine piece of antique glass.

- mary hayes-grieco, the kitchen mystic