

LEADER: O Bread of Life,

PEOPLE: Meet us in the making of this meal.

As we perform the various tasks of
washing, chopping, sifting, mixing,
simmering, baking, and boiling,
let those little acts coalesce
into an embodied liturgy of service—
an outworking of love offered
for your purposes,
that through us, your tender care
might be translated into
the comforting and cheery language
of nurturing food and drink
offered for the benefit of others.

Let us invest in this preparation
a lovingkindness toward those
who will partake.

Let us craft this meal with a care
as would befit any endeavor touching eternity.

Meet us in the making of this meal, O Lord,
and make of it something more
than a mere nourishment for the body.

Make it the center of a sheltered space
where grace freely flows.
Let the slow savoring of these foods
give pause to those who will soon partake,
prompting them to linger long at table,
taking rest from the labors of the day,
engaging in good conversation.

Let the comforting qualities
of the dishes we prepare,
become catalysts for a rich
fellowship, a warm consolation, and
a fruitful increase of holy affections.

May this meal serve to remind
those who share its pleasures

A LITURGY FOR THE

Preparation of a Meal

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O, WHETHER YOU EAT OR
DRINK, OR WHATEVER
YOU DO, DO ALL TO THE
GLORY OF GOD.

I CORINTHIANS 10:31

of the goodness
and the hope
that infuses all creation.

Unto that end, let us labor creatively,
with imaginations engaged,
knowing that we are cooks
in the kitchen—yes—
**but we are also agents of a deep eternity,
whose prepared meals might
feed more than the body,
nourishing also the hearts
and hopes of those
sometimes-weary souls who
are well-served by our labors.**

Amen.

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