

## Eucharist Litany

"Eaters . . . must understand that eating takes place inescapably in the world, that it is inescapably an agricultural act, and that how we eat determines, to a considerable extent, how the world is used." (Wendell Berry)

**How we eat determines how the world is used.  
May this table be a sacrament of inter-connectedness.**

"In food, I see clearly the presence of the entire universe supporting my existence."  
(Thich Nhat Hanh)

**How we eat determines how the world is used.  
May this table be a sacrament of inter-being.**

"To live, we must daily break the body and shed the blood of creation. The point is, when we do this knowingly, lovingly, skillfully, reverently, it is a sacrament; when we do it ignorantly, greedily, clumsily, destructively, it is a desecration... In such desecration, we condemn ourselves to spiritual and moral loneliness, and others to want." (Wendell Berry)

**How we eat determines how the world is used.  
May this table be a sacrament of grateful reverence for life.**

"The day that hunger is eradicated from the Earth there will be the greatest spiritual explosion the world has ever known. Humanity cannot imagine the joy that will burst into the world on the day of that great revolution." (Federico Garcia Lorca)

**How we eat determines how the world is used.  
may this table be a sacrament of vision.**

"There is nothing to eat,  
seek it where you will,  
but the body of the Lord."  
(William Carlos Williams)

**How we eat determines how the world is used.  
May this table be a sacrament of divine abundance.**

"Let us plead with ourselves to live in a way which will not deprive other beings of air, water, food, shelter, or the chance to live." (Thich Nhat Hanh)

**How we eat determines how the world is used.  
May this table be a sacrament of justice.**

"Oh taste and see that the Lord is good." (Psalm 34:8)

**How we eat determines how the world is used.  
May this table be a sacrament of joy.**

*- Litany adapted by Rev. Phil Lloyd-Sidle,  
James Lees Memorial Presbyterian Church*