= = = =

The Ritual of Dining

"Would that you could live in the fragrance of the earth, and like an air plant be sustained by the light.

But since you must kill to eat, and rob the newly born of its mother's milk to quench your thirst, let it then be an act of worship.

And let your board stand an altar on which the pure and the innocent of the forest and plain are sacrificed for that which is purer and still more innocent in man."

And let your hearts dwell upon the bounty of goodness and the manifold labors by which the temples of your souls are sustained.

Nor let oblivion enfold the brethren whose breath abates and whose limbs subside for the want of the fruit of the field.

Let your partaking be for strength to labor, and your rest be for renewing of resolution.

And out of your deeps, pour forth the height of your aspiration and the dark of your despair; and in the silence hear the voice of man's need. ....Amen.

"Blessed are ye that hunger now, for ye shall be filled."

= = =