

Blessing the Bread, the Cup

Let us bless the bread
that gives itself to us
with its terrible weight,
its infinite grace.

Let us bless the cup
poured out for us
with a love
that makes us anew.

Let us gather
around these gifts
simply given
and deeply blessed.

And then let us go
bearing the bread,
carrying the cup,
laying the table
within a hungry world.

—Jan Richardson