

# Our Relationship With Food

## Cover Quotes:

One cannot think well, love well, sleep well, if one has not dined well. ~ *Virginia Woolf*

Eating is so intimate. It's very sensual. When you invite someone to sit at your table and you want to cook for them, you're inviting a person into your life. ~ *Maya Angelou*

He was a bold man that first ate an oyster. ~ *Jonathan Swift*

Spaghetti can be eaten most successfully if you inhale it like a vacuum cleaner. ~ *Sophia Loren*

If more of us valued food and cheer and song above hoarded gold, it would be a merrier world. ~ *J.R.R. Tolkien*

Nothing is better than going home to family and eating good food and relaxing. ~ *Irina Shayk*

So long as you have food in your mouth, you have solved all questions for the time being. ~ *Franz Kafka*

There's no better feeling in the world than a warm pizza box on your lap. ~ *Kevin James*

Food is not rational. Food is culture, habit, craving and identity. ~ *Jonathan Safran Foer*

To me, food is as much about the moment, the occasion, the location and the company as it is about the taste. ~ *Heston Blumenthal*

Most of us have fond memories of food from our childhood. Whether it was our mom's homemade lasagna or a memorable chocolate birthday cake, food has a way of transporting us back to the past. ~ *Homaro Cantu*

Anything is good if it's made of chocolate. ~ *Jo Brand*

In France, cooking is a serious art form and a national sport. ~ *Julia Child*

If you really want to make a friend, go to someone's house and eat with him... the people who give you their food give you their heart. ~ *Cesar Chavez*

Food brings people together on many different levels. It's nourishment of the soul and body; it's truly love. ~ *Giada De Laurentiis*

## **Preliminaries**

*Announce upcoming church events; get a volunteer to light the chalice.*

## **Centering**

*See Leader Notes.*

## **Opening / Chalice Lighting**

*Reading #727, Singing the Living Tradition, by Rudolph Nemser.*

The bread we share this day is sacred.

*Grain, gift of the earth gives life.*

The friendship we share this day is sacred.

*All gatherings when people meet and touch, celebrate life.*

The laughter we share this day is sacred.

*Joy and sorrow that rise from love are springs of life.*

The stillness we share this day is sacred.

*In this peace is a haven for the spirit which nurtures life.*

For bread, for friends, for joy and sorrow, for the comfort of quietness: let us ever be grateful and caring.

## **Check-in**

*Take a minute or two to share briefly the high and low points in your life since we last met.*

## **Readings**

*The readings are the cover quotes, listed at the beginning of this document. Take turns reading around the circle.*

## **Sitting in Silence**

## **Sharing/ Deep Listening**

*Deeply listening, without response or thought of response at this time, is the gift we give and receive as we share our thoughts on the preparation for this session. Sharing should be about five minute per person*

## **Discussion**

*This is a time to supportively respond to something another person said or to relate additional thoughts that may have occurred as others shared.*

## **Singing**

*Hymn #1010, Singing the Journey*

*(Sing through twice.)*

Oh, we give thanks  
for this precious day,  
For all gathered here  
and those far away;  
For this food we share  
with love and care,  
Oh, we give thanks  
for this precious day.

## **Closing**

*Reading #688, Singing the Living Tradition, by Nancy Wood.  
Join hands or link arms as you read the closing words together:*

Hold on to what is good  
even if it is  
a handful of earth.

Hold on to what you believe  
even if it is  
a tree which stands by itself.

Hold on to what you must do  
even if it is  
a long way from here.

Hold on to my hand even when  
I have gone away from you.