



‡ Meal Services

SIMPLE MEAL SERVICE

*The service is the same for breakfast & lunch;
dinner is silent but includes a food offering*



Grace Before the Meal

Cantor

We remember this:

All (spoken)

We have food while some have none,
We have each other while some are alone.



Food Offering

Cantor begins and All join in

All you demons and hungry ghosts,
whose desire is never satisfied,
take this food,
share it with us,
be at peace.

Food offering

Cantor

Out of the mysterious source
we and the things that sustain us come.
Waking and eating, embracing and sleeping,
we walk on the empty sky.

FORMAL MEAL SERVICE

*The service is the same for breakfast and lunch; dinner is silent
Remain in meditation posture except when being served & during offerings*



Cantor

We remember this:

All (spoken)

We have food while some have none,
we have each other while some are alone.

All unwrap bowls



Cantor

We call upon:

All (chant)

Black Tara, mother of all things
Vairochana, boundless sky
Amitabha, joy of awakening
Shakyamuni walking the earth
Maitreya waiting to be born
All Buddhas everywhere — past, present, future
Mahayana lotus rising from the mud
Manjushri, great wisdom
Samantabhadra, great action
Avalokiteshvara, great compassion
All Bodhisattvas who ferry us to the other shore
The Great Prajna Paramita

After everyone is served and the trays are removed:



FOOD OFFERING: Cantor picks up food offering bowl and passes

All (chanted, palms together)

All you demons and hungry ghosts,
whose desire is never satisfied,
take this food,
share it with us,
be at peace.

Servers remove food offerings

All raise Buddha bowl, with spoon inside, to eye level

All (chanted)

We eat with joy and let go of sorrow.



Cantor

An old teacher was asked, "What is Zen?"
and replied, "Attention! Attention! Attention!"

All eat



TEA OFFERING: After tea is served and most have finished washing bowls, Cantor passes tea offering bowl

All (chanted, palms together)

Here is our tea for the earth and the spirits of the earth.
We give it back with thanks.
May you be refreshed.
Om Makurasai Svaha

Servers remove tea offering bowls

Wrap bowls



Cantor

Out of the mysterious source
we and the things that sustain us come.
Waking and eating, embracing and sleeping,
we walk on the empty sky.

All stand with bowls at eye level.

Timekeeper rings bell. Bow.

Put bowls away, straighten cushions, and stand.

Timekeeper dismisses.

SILENT EVENING MEAL



Bow. Spread bowls.

Food is served.



Bow. Pass food offering bowl.

Servers remove food offering bowls.



Begin eating.

Tea is served.

Clean bowls.



Pass tea offering bowl.

Servers remove tea offering bowls.



Wrap bowls.



All stand with bowls at eye level.




Bow.

Put bowls away, straighten cushions, and stand.



All exit the hall.

[Each  represents a ring of the bell.]

Another Grace

All (spoken)

We honor the Three Treasures
and are grateful for this food—
the work of many hands
and the sacrifice of other lives.

