

Texture

By Gunilla Norris

from Becoming Bread: Embracing the Spiritual in the Everyday

Hold the bread in your hand—
feel its texture—the integrity of it!

Take the bread in your hand,
and then give it away. Give

the crunch of the crust, and
the softness of the center.

Give the hardness of the heel,
and the crispness of the crumbs.

Give it all. This is life which nourishes
as we give it all away.

Breaking Bread

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Break the loaf
See the miracle
that the bread
springs back at you

Light and full of air.
Held together with earth
and water. Warmed with fire.
Moist and fragrant.

Receive this bread
and bread it.
It is you.
It is me.

It is us together.
It is whole.
It is broken.
Receive this bread.

Plenty

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Having shared our bread,
we know that we are
no longer hungry. It is enough.

that you see me for myself.
That I see you for yourself.
That we bless what we see

and do not borrow, do not use
one another. This is how we know
we are no longer hungry...that

the world is full of terror, full of beauty
and yet we are not afraid to find solace here.
To be bread for each other. To love.

Beginning Again

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Here is the kitchen.
Will you enter it with me?
Let us share the heart of the house.

Here dwelling and becoming
are like angels to wrestle with.
Here limitations will be our friend

and we can grow into love,
into bread. You, a sustenance for me,
and I, a sustenance for you.

Both of us fostered by
the measuring cup, shaped by
the teaspoon and the quarter teaspoon.

Here the shining world grows
more transparent in its beauty each day.
We are disappearing in its light.
turning into the moment's bright copper,
surrendering to what we do not know
...what we cannot see or touch.

Here is the kitchen. Here let us become
the very nourishment we long for.
Becoming what we *are*, unknowing,

light, praise, shared bread
A living way.