

Food for Thought

Narrator's Poem:

**Today I taste
a delicious rejoicing.
Fueled by rejoicing,
I am energized.**

**I am wealthy.
I am enriched with compassion,
bejeweled with compassion -
a gift beyond all other gifts.
In expending it
it returns full force.**

**My joyful song of praise
and my act of service
are one and the same –
one and the same.**

**I rejoice in my ability
to ache for those who suffer.
I allow no choice
but to rejoice.
My spirit will not starve
in empty idleness.**

**My song of praise
and my act of service
are one and the same.
I begin in innocence
and sing, question, doubt,
weep, study, meditate.**

**I see what is before me.
I take the first step.**

**I taste a delicious rejoicing,
enriched with the power
of urgent compassion.
It is so other
may soon feed
upon hope.**

Basic song text:

**Today rejoice!
Rejoice in a song of praise!
In giving and serving,
rejoice in the gift of compassion.**

**To give and to serve
Is an act of rejoicing.
Rejoice in the gift of compassion.
Offer hope.**

BCK