

Gratitude before a meal at wedding

For this meal,
I want to offer a word of gratitude.
For this food that has been grown, transported, and prepared here for our gathering tonight.
For those whose hands were present in each step of the process, that has brought this meal here before
us,
Binding us together
In this common space at this common table.

I offer gratitude
For the wisdom from the earth among us
Wisdom witnessed in hard work and shared labor
Wisdom witnessed in the earth's offerings
And taking a moment to re-connect to the universe and the ecosystems in which we are shared members

From this food
We learn nourishment,
That we are limited, and finite,
And we need to seek and partake in nourishment and sustenance

This food
And this meal
Teaches us
That we belong to each other
That we need to contribute to the nourishment
and sustenance of one another

We witness the generosity
The earth offers us here
That which she has birthed,
And shared with each of us
From this food
And this shared moment
Among each other

We are made whole by
Partaking in her offering
As well as by being in the presence of one another

Today is a celebration of unity,
Of two whole people
Made more whole

In their companionship of one another

In marriage we sign up and commit

We remember To nourish and sustain ourselves

We commit to and support the nourishment and sustaining life force of our partner

Such a union can be a rich source of life, fuel, and support beyond the partnership for others in abundance and generosity.

May we celebrate

the uniting of Sarah and Matt

On this sacred day

Let us dwell deeply

In the wisdom in which we partake

As it nourishes our bodies

May this body of us gathered here

Keep showing up to nourish and celebrate their union

As food has always been used to sustain us and connect us

I give thanks for what we partake in together today

May we dwell deeply in the life that is

With

Among

And co-created here at this table.

With gratitude

And so much love,

I bless you both.

And bless you also as a blessing to others.

Cheers!

Written by Stephanie Evelyn McKellar, 2019