Bread Meditation

Be gentle...when you touch bread.
Let it not lie...uncared for, unwanted.
So often...bread is taken for granted.

There is such beauty in bread;
beauty of sun and soil,
beauty of patient toil.
Wind and sun have caressed it.
Christ often blessed it.
Be gentle...when you touch bread.

Discovered next to a loaf of bread,
tucked in an alcove at Cartmel Priory, England
Bread for the Preacher, August 2009