

Eucharistic Prayer

God is with you.
And also with you.
Lift up your hearts.
We lift them up to God.
Let us give thanks to the Holy One, our God.
It is good and beautiful to give God our praise.

Therefore with all Creation we sing your praise:
One bread. One Body. One Spirit. One people. One Earth.
One symphony of gratitude: many voices, one song of joy,
one in Christ, giving thanks. Alleluia!

Oh Great Spirit, our Father from above,
We honor your name as sacred and holy.
Bring your good road to us, where the beauty of your ways
In the spirit-world above is reflected in the earth below.
Provide for us day by day—the elk, the buffalo and the salmon.
The corn, the squash and the wild rice.
All the things that we need For each day.
Release us from the things we have done wrong,
in the same way We release others
for the things done wrong to us.
Guide us away from things that tempt us to stray
From your good road, and set us free from the evil one
And his worthless ways. Aho! May it be so!

Sung Response

Earth our body, water our blood, air our breath and fire our spirit.

The Honorable Harvest

Robin Wall Kimmerer

Ask permission of the ones whose lives you seek.
Abide by the answer.

Never take the first. Never take the last.

Harvest in a way that minimizes harm.

Take only what you need and leave some for others.

Use everything that you take.

Take only that which is given to you.

Share it, as the Earth has shared with you.

Be grateful.

Reciprocate the gift.

Sustain the ones who sustain you,
and the Earth will last forever.