

Bread of Understanding

1. You, the bread of understanding: joy, the wine we drink.
You, the one-ness of our hearts, the peace we long to keep.
Come, now brother, sister, friend, companion on the way.
Unite us in this food we take, give strength to touch and bless.

Refrain:

Take and eat of the broken Bread of Life.

Take and drink of the cup, with new delight.

Be nourished at this table that welcomes everyone.

Be strengthened for the works of justice, dignity and love.

2. We journey through this cup of time; we're given friends to love.
The gifts that are so needed now lay deep within each one.
We've only but to travel as one fam'ly on the way.
The faith we need is given us; we've only to respond. *Refrain*
3. God, you surprise us each new day! You intimately love.
You teach us if we listen hard. You hold us as we sway.
Come now be our strength and song oh, trusted gentle friend.
Be with us and share our bread, the words of hope we live. *Refrain*
4. Crack the wheat and pour the wine, we've much to celebrate.
Wipe the tears and touch the pain and heal our hearts this day.
Give us courage, strength and wisdom. Come and be our Guide.
Spirit holy, stir within us, teach us to be free. *Refrain*
5. You the one of true compassion, open-hearted friend,
you call us to break down the walls that separate, divide.
Help us to receive the broken, pilgrim and the poor.
Help us to accompany the stranger that we meet.
6. Welcomed are all to this table; here there's no closed door.
We long to see the day ahead when war and hate will cease.
We long to see this day of peace, the reign of God draw near;
we long for one-ness, unity, O fill us with your grace. *Refrain*
7. The black, the white, the yellow, red, the gay, the straight embrace.
You call us to befriend the earth, the sun, the moon and stars.
Help us to now move beyond the fears that keep us bound.
Help us to be human hearted, you, O God, create. *Refrain*
8. You dancer of the autumn leaves, and winter silence friend,
shine on us who journey through the long cold nights ahead.
Be the fire that crackles loud, the hearth that warms our home.
Be the glow of light and spark that kindles love within. *Refrain*