**September 1, 2023 Online Handheld Finger Labyrinth Walk**

**with Judith Tripp and Ruth Cunningham on the theme of “What Feeds Us”**

Free Lunch

One by one, we covered our heads,

Removed our shoes and joined

Crowds seated on carpets, holding

partitioned plates up to

Receive our manna

just like baby birds.

Trusting that we will be fed

Naan, rice, curry, Sag Paneer,

Laddu, Mango Lassi

And Fed we were

on prayer soaked goodness

and simple devotion

Judith Tripp

Lokah Samastah Sukinho Bhavantu (May All Beings Everywhere Be Happy and Free) Lokah Samastah Sukinho Bhavantu means May All Beings Everywhere Be Happy and Free.

I bless the night that nourished my heart

And set the ghosts of longing free

Into the flow and figure of dream

That went to harvest from the dark

Bread for the harvest no one sees.

From the Morning Offering, John O Donohue