

## MEAL CHANT – RED CEDAR PARTNER SERVING

- Pass out meal chant cards
- Wait for food offering and tenzo to sit down
- ☐ Clack for wiping cloths

All: ☐ Buddha was born in Kapilavastu,  
Enlightened in Magadha,  
Taught in Varanasi,  
Entered nirvana in Kushinagara.

Now we set out Buddha's bowls; may we, with all beings realize the  
emptiness of the three wheels:  
giver, receiver, and gift. no signal

### (After Bowls Are Opened)

Leader: ☐ In the midst of the Three Treasures  
Which verify our understanding,  
Entrusting ourselves to the sangha,  
We invoke:

All: Vairochana Buddha, pure Dharmakaya ☐ (pass lids down)  
Lochana Buddha, complete Sambhogakaya ☐  
Shakyamuni Buddha, myriad Nirmanakaya ☐ (food service starts)  
Maitreya Buddha, of future birth, ☐  
All buddhas throughout space and time ☐  
Lotus of the Wondrous Dharma, Mahayana sutra ☐  
Manjushri Bodhisattva, great wisdom. ☐  
Samantabhadra Bodhisattva, great activity. ☐  
Avalokiteshvara Bodhisattva, great compassion ☐  
all honored ones, bodhisattva mahasattvas, ☐  
Wisdom beyond wisdom, maha-prajnaparamita. ☐

Leader at breakfast: (slight pause)

This morning meal of ten benefits Nourishes us in our practice.  
Its rewards are boundless,  
Filling us with ease and joy.

**breathe**

Leader at lunch:

The three virtues and six tastes of this meal  
Are offered to buddha and sangha.  
May all sentient beings in the universe  
Be equally nourished.

## After all food is served (condiments may still be moving)

All:      🔴 We reflect on the effort that brought us this food and consider how it comes to us. We reflect on our virtue and practice, And whether we are worthy of this offering. We regard it as essential to keep the mind free from excesses such as greed.  
We regard this food as good medicine to sustain our life.  
For the sake of enlightenment we now receive this food.

First, this is for the Three Treasures;  
Next, for the four benefactors;  
Finally, for the beings in the six realms.  
May all be equally nourished.

The first portion is to end all evil;  
The second is to cultivate every good;  
The third is to free all beings.  
May we all realize the Buddha Way.      no signal

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### EAT

When 2/3 of food is eaten  
🔴 clack to start seconds

Bow when seconds in row  
are all served  
(condiments may still be moving)

Eat Seconds

When most people are done  
dry cleaning their bowls  
🔴 clack to pass hot water

When most people are done wet cleaning  
their bowls,

All:   🔴 This we use to wash our bowls  
Tastes like ambrosia.  
We offer it to the many spirits;  
to satisfy them.

Om Mahakushalaya Svaha!

When most bowls are wrapped up  
(stragglers are tying knots)  
🔴 clack to pass back wiping cloths and  
cleaning water

Leader:   🔴 Abiding in this ephemeral world  
Like a lotus in muddy water,  
The mind is pure and goes beyond.  
Thus we bow to Buddha.   🔴 🔴 ••