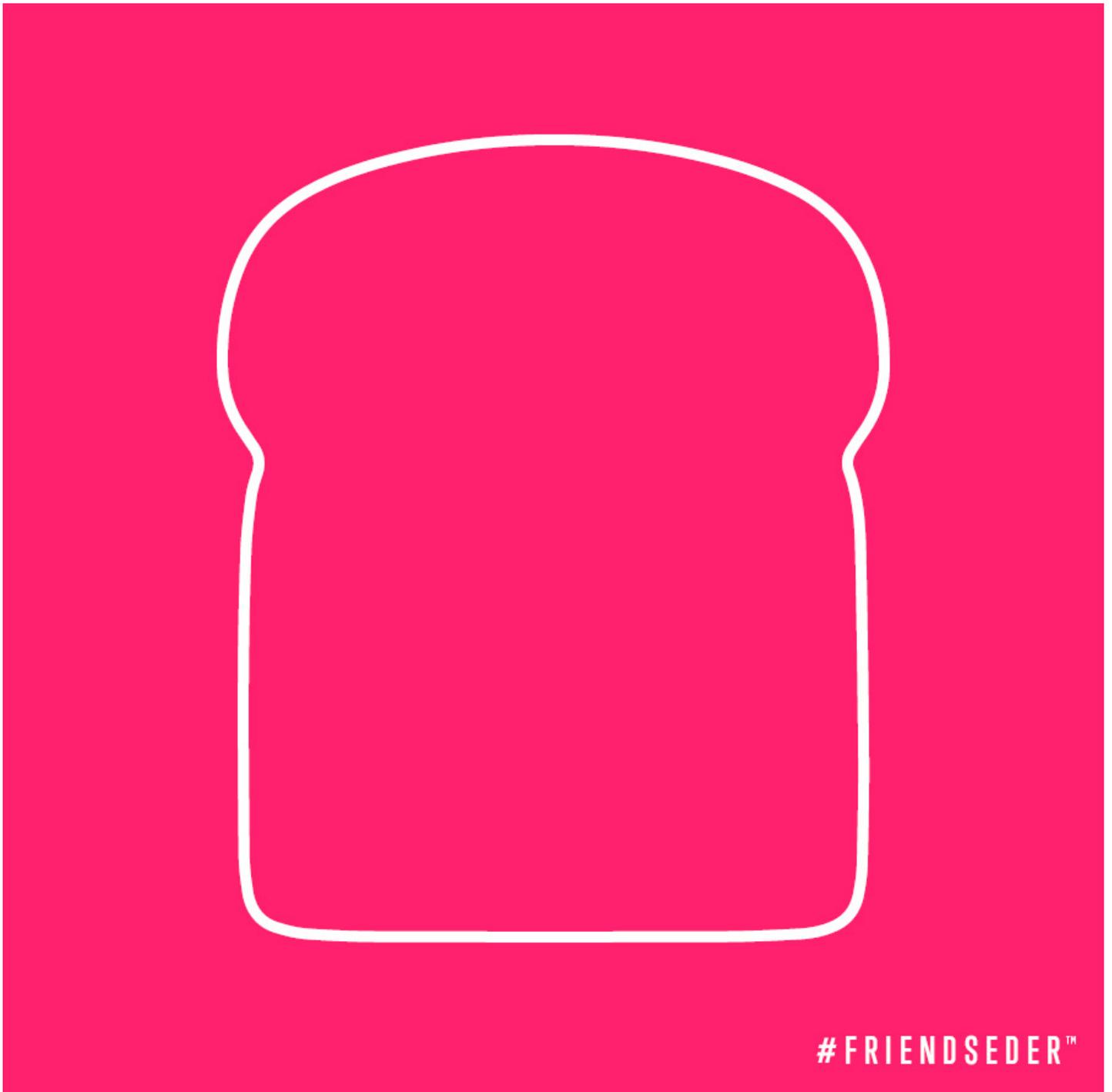


An Ode to Bread

Contributed by [#Friendseder](#)

Source: www.friendseder.com



APOLOGIES TO DR. ATKINS

Bread is a symbol of the partnership between humankind and the natural world – it doesn't just magically appear from the ground – it takes human partnership (and it's delicious).

Poet Pablo Neruda had some delicious things to say about bread. See poem below.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמוֹצִיא לֶחֶם מִן הָאָרֶץ

Baruch Atah Adonai Eloheinu Melech Ha'olam Hamotzi Lechem Min Ha'aretz.

We acknowledge the Unity of All and express gratitude for bread from the earth.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל אֲכִילַת מַצָּה

Baruch Atah Adonai Eloheinu Melech Ha'olam Asher Kidshanu B'mitzvotav V'tzivanu Al Achilat Matzah.

We acknowledge the Unity of All and express gratitude for the opportunity to connect by eating matzah.

Eat matzah. Discussion Question: What's your favorite kind of cracker and why?

A Selection from "Ode to Bread"

Bread,
you rise
from flour,
water
and fire.
Dense or light,
flattened or round,
you duplicate
the mother's
rounded womb,
and earth's
twice-yearly
swelling.
How simple
you are, bread,
and how profound!
You line up
on the baker's
powdered trays
like silverware or plates
or pieces of paper
and suddenly
life washes
over you,
there's the joining of seed
and fire,
and you're growing, growing
all at once
like
hips, mouths, breasts,
mounds of earth,
or people's lives.
The temperature rises, you're overwhelmed
by fullness, the roar
of fertility,
and suddenly
your golden color is fixed.
And when your little wombs
were seeded,
a brown scar
laid its burn the length
of your two halves'
toasted
juncture.
Now,
whole,
you are
mankind's energy,
a miracle often admired,
the will to live itself.