

## Meditation & Liturgy for Drinking Coffee

Susan Landrum



Say in your heart or out loud:

**This is the day that our Creator has made.**

**I will take this moment to rejoice in its newness, its possibilities.**

**I give thanks for this day.**

Open your cupboard and look at your collection of mugs. Pause and let the Holy Spirit move as you pick one out. Take it and hold it. Look at it carefully. How did it get into your cupboard? Do you remember

who gave you this mug? Do you remember who made this mug? Or did you see it somewhere - in a store or a thrift shop - and it called out to you? Take a moment to remember the story of the mug. As you fill your mug with coffee say in your heart or out loud:

**As I fill my cup, I am grateful for Creation that spills over with beauty,  
I am grateful for birdsongs, for sunbeams, for raindrops,  
I am grateful for my place in it all, for God's call to care, and nurture, and love.**

As you hold your mug, full of warm coffee, notice how it feels in your hands. Take a moment to look at the deep brown color or notice how the cream turns it into an inviting caramel hue. Hold it up to your nose and inhale, noticing the way the coffee smells. Are there notes of chocolate or fruit? Take a sip. As you sip your coffee, think about all of the people that played a part in getting it into your cup. From the farmers to the people working in the store to the person in your home who makes it for you. And if that person is yourself, bring yourself into that circle of awareness.

**As I sip my coffee, I am grateful for the ways that Creation conspired to bring me this moment.**

**I am grateful for the farmers that nurture the soil to grow the beans, that harvest, clean and sort.**

**I am grateful for the roasters and the baggers and distributors and stockists. I pray for all of the hands that have played a part in this cup of coffee.**

**I pray for each of these people. I pray for their families. I pray for their health and their livelihood, that they know joy and peace in their lives.**

## **Meditation & Liturgy for Drinking Coffee**

Susan Landrum



As you continue to sip and notice your coffee, think about the people in your life that are enjoying their coffee, too. Your family, your friends, your colleagues. Send them love. Continue to widen the circle to people in your city, country, world. See if you can follow the thread of this one cup of coffee to how it connects you to so many. Don't rush past the people that need or want a cup of coffee and can't access one. Hold their need in your heart.

**As I sip my coffee, I seek the Holy Spirit's guidance in how to care and nurture and love.**

**Guide my words and my actions in the transformative love of Christ.**

**Help me to find paths of healing and wholeness for myself and for others.**

**Open my heart as fully and completely as possible.**

**This is the day that our Creator has made.  
May I show up to it in love.**