

Meal Chants

When all are standing at their place, the ino strikes the inkhin bell. All place hands in gassho as tenzo makes offering at the altar. When the tenzo arrives at their seat, the ino strikes the inkhin again; all bow and sit. At the warning tap on the clappers, place hands in gassho.

Ino:

With all that lives let us honor the Three Treasures. Let us recall the exertions of Buddhas and Bodhisattvas.

All:

**This meal is the labor of countless beings,
let us remember their toil.
Defilements are many and exertions weak,
do we deserve this offering?
Gluttony stems from greed,
let us be moderate.
Our lives are sustained by this offering—
let us be grateful.
We take this food to attain the Buddha Way.**

Clappers, bow. Food is served. Clappers, raise bowl.

Ino:

All:

Our meal is offered **to Buddha, Dharma and Sangha.**
**With teachers and family, with nations and all life
let us equally share.
To beings throughout the six worlds we offer this
meal.**

Clappers, bowls down. Make food offering.

All:

**All hungry ghosts!
All tortured spirits!
Now we give you this Dharma food.
May it fill the ten directions and
satisfy hunger in realms of darkness.
All hungry ghosts!
All tortured spirits!
Abandon greed and rouse the desire for
Enlightenment.
May all beings attain Buddhahood!**

Bow and eat. Seconds are signaled by the ino. When all have finished eating, the inkhin bell will begin the tea service. Clean bowls and utensils, leaving a little tea in the last bowl for the offering.

Ino:

All:

To you spirits **tortured by thirst
we give this liquid offering.
May your thirst be relieved.
May your suffering diminish.
May all beings attain Buddhahood!**

Clappers, bow. Wrap oryoki sets.

Ino:

May we exist in muddy water with purity like a lotus:
Thus we bow to Buddha.

*Inkhin, clappers, inkhin, clappers, stand.
Final inkhin bell and standing bow.*