

Simple Meal

All of us have a memory of a wonderful meal, or the capacity to imagine one. Conviviality, laughter, good conversation, tasty and nourishing food might be several of the ingredients of such a meal. For many years Right Sharing of World Resources has invited Friends to share a Simple Meal. It is an opportunity to build community as we eat together along with an invitation to explore this ritual of eating together.

We meet one another at the dining table. That is, we meet those around us at the table. We also meet those, human and more-than-human, around the world who touch upon or who are touched by the process that brought this food before us. We take this time to reflect upon how our lives are intertwined with those of others, and the choices we make that mark these relationships.

Through faithfully living out our testimonies as a Meeting, we corporately acknowledge the Light within all God's creatures. May we be nourished by this meal. May our entire Earth family be equally nourished by this meal.

The Simple Meal calls us to awareness of the following realities:

- Gratitude for the gifts we have been given, knowing that we alone are not responsible for their having come to us
- Others we share the planet with suffer from insufficient food and minimal resources, partly because of unequal consumption due to wealth inequality, globally and within the US
- Smaller portions of nutritious food are sufficient, tasty and friendly to the Earth
- Eating together is a ritual which gives tangible form to our relationships with one another, it's a performance that can be a celebration of, or an abasement of the life of our community, an act of community-making or community-breaking

The Simple Meal can be structured in a variety of ways. It can inform:

- What the meal options will look like
- What choices people make as they choose what they'll eat
- The conversation at the table

What would work best for you? Below we'll share what each can look like in more detailed terms. To get the most community-building and mean-making possible, we encourage you not just to share in the eating, but also to share in the preparation, cooking, serving, and cleaning together, involving everyone including children. Ultimately, the possibilities are limited by one's imagination, and the local conditions you find yourselves in.

What the meal options will look like

Whether you're planning a meal at an annual session, organizing a potluck for your monthly meeting, or having a get together at one's home, you may have a say as to what is on the menu. With simplicity in mind, you can prioritize meals with ingredients that were sourced locally, brought forth with ecologically sustaining practices (organic, regenerative agriculture, etc.), healthy foods (sustaining for ongoing human life), and foods made without too many ingredients, while also being responsive to the different dietary needs of the participants (the eaters).

Here is an example of a menu:

- Two kinds of vegetarian soup (usually one vegetable and one bean)
- Loaves of homemade bread
- Fruit
- Water or tea to drink

Once people are seated with their meal, the discussion can be guided by what's in the "The conversation at the table" section below.

What choices people make as they choose what they'll eat

If you're working with an existing menu, you can suggest to people that they consider the choices they make as they choose what goes "on their plates" to be informed by the following considerations, to the best of their knowledge given there is a lot that can be unknown (and it can be a worthwhile discussion to explore why that is the case, as well as the cases for each of the following considerations):

- Locally sourced
- Ecologically sustaining practices (organic, regenerative agriculture, etc.)
- Healthy foods (sustaining for ongoing human life)
- Foods made without too many ingredients
- How much food is enough
- Personal dietary needs

Once people are seated with their meal, the discussion can be guided by what's in the "The conversation at the table" section below.



The conversation at the table

[Here](#) are queries in the form of table tents that can be printed out and cut out to use to inform a discussion. You can go around the table and each person can respond to one of the queries, or whatever else may be rising for them (which could come from, for example, the considerations for choosing their meal if that was a part of this process), before having an open-ended discussion. Or you can have an open discussion from the start. In order for everyone to be able to share, we recommend having each person share before having the open discussion. Alternatively, the queries are below without any formatting if you'd like to share them another way.

A Simple Meal

Right Sharing of World Resources invites you to share a Simple Meal. As we meet one another around the table, we also meet those, human and more-than-human, around the world who touch the process that brought this food before us. We take this opportunity to reflect upon how our lives are intertwined with others, and the choices we make that mark these relationships.

Share your responses to these queries with others at your table:

Think of a time when you were sufficiently nourished (in your body, in your heart, in your Spirit).

What contributed to you feeling that way?

Think of the steps that it took to bring this food before you.

How are these steps in alignment with your values?

Can you make different choices that might bring it in further alignment?

How could we respond to the challenges of consumerism as a community?

Can we support each other in behavior change?

Can we work together to change production systems?