

PRAYER OF THE VESSEL
dance movements

<i>start standing, facing in toward your table</i>	
Mother, Father,	<i>hands open at sides</i>
to you I raise my whole being,	<i>Arms reach overhead</i>
a vessel	<i>arms shape vessel</i>
Emptied of self	<i>bring hands together and push down</i>
Accept, my creator, this my emptiness	<i>hands open at sides again</i>
And so fill me with yourself, your light	<i>arms reach overhead again</i>
Your Love, your life	<i>hands cross over heart</i>
That these, your precious gifts	<i>hands shape a bowl in front of heart</i>
may radiate through me	<i>move bowl overhead in spiral motion</i>
and overflow the chalice of my heart	<i>hands sweep down and back to form bowl at heart</i>
into the hearts of all with whom I come in contact this day, revealing to them the beauty of your joy and wholeness	<i>hands reach out to people around table</i>
And the serenity of your peace,	<i>hands in prayer position, bow to people around table</i>
your peace	<i>become still</i>