

# All is Gift

Take a piece of bread.  
Place it in your mouth.  
Enjoy the lingering taste -  
and ponder these words

“Then he took a piece of bread,  
gave thanks to God, broke it,  
and gave it to them, saying,  
”This is my body, which is given for you.  
Do this in memory of me.”

*Luke 22: 19-20*

