



Franciscan Action Network

Transforming the World in the Spirit of St. Francis and St. Clare

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Meditation on a Piece of Fruit

These instructions for a prayerful reflection on the interconnectedness of creation and our dependence on it are adapted from Thich Nhat Hanh's *Peace is Every Step*

Bring enough whole fruits to your class or group for each youth to have one. Explain that you are going to do a quiet activity to think about our relationship with the rest of creation. When the group is seated quietly, pass the container of fruit around and ask that each person select one and place it in his or her palm. Invite the youth to turn their attention to the fruit and reflect on its origins. Ask them to imagine the place where it grew and to focus on the tree or bush that produced it. Use or adjust the text below to lead the reflection. Read slowly and pause between sentences so that youth can imagine the journey.

“This plant was once a seed that grew to maturity. Its roots sunk into the soil to absorb nutrients. Rain watered the tree. It converted sunlight into energy to help it grow. The tree put forth blossoms. Insects pollinated the flowers. Your tiny fruit formed inside one of these flowers. The petals fell to the ground as the fruit grew.

Someone picked your fruit and placed it with other fruits. Together they traveled by truck or train or maybe by boat or airplane for many miles. Your fruit arrived at a market or store. Many customers passed by your fruit, looking at it and maybe even touching it, before I bought it. It came with me here and made its way through our group before reaching you.

Take a closer look at your fruit. What color is it? What does it feel like? What does it smell like? Slowly take a bite, listening to the sound it makes. Note the smell and taste and texture of your fruit as you eat. Finish one bite and pause in gratitude for this nourishing gift of God's creation before you take the next bite. Think of all the people and places with a connection to your fruit and ask God's blessing upon them.”

Allow youth to finish eating their fruit slowly and silently. Collect any peels, stems, seeds, etc. to compost or bury. If you wish, provide an opportunity for participants to comment on their experience.