

*Seed, scattered and sown,
wheat, gathered and grown,
bread, broken and shared as one,
the Living Bread of God.
Vine, fruit of the land,
wine, work of our hands.
One cup that is shared by all;
the Living Cup, the Living Bread of God.*

Is not the bread we break
a sharing in our Lord?
Is not the cup we bless
the blood of Christ outpoured?

The seed which falls on rock
will wither and will die.
The seed within good ground
will flower and have life.

As wheat upon the hills
was gathered and was grown,
so may the church of God
be gathered into one.