



## I Awaken Before Dawn, by Helen Moore

I awaken before dawn, go into the kitchen and fix a cup of tea.  
I light the candle and sit in its glow on the meditation cushion.  
Taking my cup in both hands, I lift it to my Lord and give thanks.  
The feel of the cup against my palms brings the potter to mind  
and I offer a blessing for his hands.

I give thanks for the clay, the glaze and the kiln.  
I take a sip and follow the warmth into my body.  
I offer a blessing for those who brought electricity to my home,  
who dug the ditches for the lines,  
who built my home and put in the wires,  
who made my tea kettle and brought me water to fill it.

I take a sip and bless the people in India or China who grew the tea,  
cultivated it, picked and dried the leaves, took it to market,  
handled it through the many transactions to bring it to my home.  
I take a sip and bless those people in Florida, California or Central  
America  
who grew the tree that blossomed into flowers.

I give thanks for the warmth of the sun and the rain which turned the  
blossoms into lemons,  
and I bless the hands that picked the fruit, sorted it, touched it as it  
traveled from the orchard to my table.  
I take another sip and bless the hands of those who provided the sugar  
which sweetened the tea, harvested the cane, processed it,  
bagged it and sent it on its way to me.

I take another sip and lift my cup in gratitude as I feel the  
interconnection of my body now with theirs,  
my blood now with theirs,  
my bones now with theirs,  
and my heart fills with love for all of creation.

I give thanks.