Prayer for Mindfulness

Let us begin by recalling the words of Cesar Chavez: “Every time we sit at a table at night or in the morning to enjoy the fruits and grain and vegetables from our good earth, remember that they come from the work of men and women and children who have been exploited for generations…” Almighty God, too often we don’t pay attention, we don’t stop to think that, even in this day and age, injustice remains an invisible ingredient in much of the food that we eat. Shake us awake, O God, open our eyes to see our power and obligation as consumers to help put things right. Justice demands it. Love demands it.