

# Montview Supper Club 2025-26

## December Companion Material

### **Prayer:**

#### **A Prayer for Gratitude for our Meal**

Loving God, for the gift of this table and the joy of these conversations, we give thanks. May the food we share nourish our bodies and the words we share nourish our souls. Bless our time together, that it may be filled with grace, laughter, and kindness. Amen.

### **Discussion questions**

1. What messages have you've received about the body or your body, from your home, religious community or just culture and society?
2. Are there messages that you've worked to release or to unlearn? What might those be?
3. What has your body taught you? What wisdom is it imparting that you need to listen to?

### **Podcast links interview with Matthew Sanford:**

On Being

<https://onbeing.org/programs/matthew-sanford-the-bodys-grace-2023/>

Apple: <https://podcasts.apple.com/us/podcast/matthew-sanford-the-bodys-grace/id150892556?i=1000631917645>

Spotify: [https://open.spotify.com/episode/6LcXlCeBsrP0lgCeM8qr5I?si=AN2oR2qqQk-qt-Xo5ppe\\_g](https://open.spotify.com/episode/6LcXlCeBsrP0lgCeM8qr5I?si=AN2oR2qqQk-qt-Xo5ppe_g)

### **Quote from *Becoming Wise*:**

*The body is where every virtue lives or dies, but this statement has a vastly different meaning for me than it did in the religious world of my childhood. The cutting edge of science is yielding a vision of human healing and restoration that is realizable as never before. Our physical selves, as we're learning, are so much more than merely physical. They carry trauma and joy and memory and our capacity for opening or closing to life and one another. There are deep connections between beauty and pleasure and wisdom, and we are relearning these with practical effect, beginning with the food we eat. I've come to believe that our capacity to reach beyond ourselves - experiencing mystery or being present to others— is dependent on how fully we are planted in our bodies in all their flaws and their grace.*