



### Resource 1: Selected quotes and texts

*[Jesus] said to them, "When you pray, say: Father, hallowed be your name, your kingdom come.*

*Give us each day our daily bread.*

*Forgive us our sins, for we also forgive everyone who sins against us. And lead us not into temptation."*

#### **The Lord's Prayer (Luke 11: 2-4)**

*There are people in the world so hungry, that God cannot appear to them except in the form of bread.*

#### **Mahatma Gandhi**

*Remember how the LORD your God led you all the way in the wilderness these forty years, to humble and test you in order to know what was in your heart, whether or not you would keep his commands.*

*He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your ancestors had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the LORD.*

#### **Deuteronomy 8: 2-3**

*Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty."*

#### **John 6: 35**

Blessed art Thou, LORD our God, King of the universe, who brings forth bread from the earth.

#### **Traditional Jewish blessing (HaMotzi) over the Shabbat bread**

*And he took bread, gave thanks and broke it, and gave it to them, saying, "This is my body given for you; do this in remembrance of me".*

#### **Luke 22:19**



### Resource 2: The Staff of Life (staple foods)

From Wikipedia: A staple food is a food that is “eaten regularly and in such quantities as to constitute the dominant part of the diet and supply a major proportion of energy and nutrient needs.” Staple foods vary from place to place, but are typically inexpensive or readily-available foods that supply one or more of the three macronutrients needed for survival and health: carbohydrate, protein, and fat, such as grains, tubers, legumes, or seeds. The staple food of a specific society may be eaten as often as every day, or every meal. Early civilizations valued staple foods because, in addition to providing necessary nutrition, they can usually be stored for a long period of time without decay.

Most staple foods derive either from cereals such as wheat, barley, rye, maize, or rice, or starchy root vegetables such as potatoes, yams, taro, and cassava. Other staple foods include pulses (dried legumes), sago (derived from the pith of the sago palm tree), and fruits such as breadfruit and plantains. Staple foods may also contain, depending on the region, amaranth, olive oil, coconut oil and sugar. [http://en.wikipedia.org/wiki/Staple\\_food](http://en.wikipedia.org/wiki/Staple_food) - cite\_note-3

**Nb:** image opposite is for illustration only. See separate PDF **RootsRitualResc2Pan1.pdf**

<p>Wheat <i>Triticum sp.</i> First cultivated in the ancient middle east, now grown worldwide.</p>	 <p>By <a href="#">Bilalrezaie</a></p>	 <p>Whole wheat bread By <a href="#">sivrasvalleygü</a></p>  <p>Chapattis By <a href="#">Kajvan</a></p>
<p>Corn/maize <i>Zea mays</i> First cultivated in ancient mesoamerica</p>	 <p>By <a href="#">Jesse thurston</a></p>	 <p>Corn tortillas By <a href="#">sivrasvalleygü</a></p>
<p>Rye <i>Secale cereale</i> Domesticated in neolithic Turkey; now grown widely in Central and Eastern Europe.</p>	 <p>By <a href="#">L.SOSL</a></p>	 <p>Rye bread By <a href="#">sivrasvalleygü</a></p>
<p>Rice <i>Oryza sativa</i> First domesticated in the region of the Yangtze River valley in China. The most important staple food for a large part of the world; especially in East and South Asia, the Middle East, Latin America, and the West Indies.</p>		 <p>Cooked rice By <a href="#">sivrasvalleygü</a></p>



**Nb:** image opposite is for illustration only. See separate PDF [RootsRitualResc2Pan2.pdf](#)

<p>Potatoes <i>Solanum tuberosum</i> First domesticated in Peru. Following the conquest of the Inca Empire, the Spanish introduced the potato to Europe in the second half of the 16th century; it was subsequently conveyed by European mariners to territories throughout the world.</p>	 By Kelly Jansen	 Chips By Palmer Zenz   Baked potato
<p>Sorghum <i>Sorghum bicolor</i> Originated in North Africa; the fifth most important cereal crop grown in the world.</p>	 By Boubra	 Sorghum roti By Sarvagya
<p>Taro <i>Colocasia esculenta</i> Probably first native to Malaya. Estimates are that taro was in cultivation in tropical India before 5000 BCE, presumably coming from Malaya.</p>	 By Boubra   By Yungjungie	 Taro and pork rib By alyx



### Resource 3: Shabbat bread and Matzoh and Holy Communion

**Nb:** image opposite is for illustration only. See separate PDF [RootsRitualResc2Pan3.pdf](#)



It is customary to begin the Friday night meal and the two meals eaten during the Jewish sabbath (shabbat) with a blessing over two loaves of bread known as challah. These loaves are often covered with a specially embroidered cloth known as a challah cover.



By Deborah

Matzoh is an unleavened bread made of plain flour and water. The dough is pricked in several places and not allowed to rise before or during baking, thereby producing a hard flatbread. During the Jewish holiday of Passover, eating matzoh on the night of the special Passover meal (the seder) is considered a commandment (mitzvah). The festival of Passover commemorates the exodus of the Israelites from slavery in Egypt, when they had to leave in such a hurry they did not have time to let their bread rise.



By Patric

Unleavened disks of bread, known as host wafers and used in the Catholic Mass



By Dr. Gregory S. Neal

Different groups of Christians will use either leavened (i.e. bread that contains yeast and is allowed to rise) or unleavened bread for communion. Here a priest is blessing a leavened loaf.



### Resource 4: Background information on Turmeric and Pongal festival

*May the pot of prosperity boil over, may the Pongal (rice) that we cook, the fragrance of turmeric, the taste of sugarcane, ginger and honey, bring the joy of Pongal into our homes. May the blessings of Surya (the sun god) flood our lives.*

#### **Blessing for Hindu Pongal festival**

Turmeric, a herb with underground stems called rhizomes, is widely used in cookery and medicine, as well as having many roles in Hindu ritual. Newborns are bathed in a mixture of turmeric, gram flour and milk and a similar concoction is applied to both bride and bridegroom before their wedding. In southern parts of India women rub the feet of honoured guests and relatives with turmeric paste. It is used to dye religious robes and when mixed with a chemical (calcium hydroxide) it becomes kumkum, the red paste that is used to make the mark (tilak) on the forehead of men and women that is a sign of devotion. During the south Indian festival of Pongal, a whole turmeric plant with fresh rhizomes is offered as a thanksgiving offering to Suryan, the Sun god. Also, the fresh plant is often tied around the pot in which an offering of pongal is prepared.



Turmeric root tied to Pongal pot

By karathepirate



Turmeric Plant  
*Curcuma longa*  
sophia



Turmeric Powder  
*Sea turtle*



Fresh Turmeric  
*Susan NYC*



**Resource 5:** Background information on MyrrhBackground information on Myrrh

*On coming to the house, they saw the child with his mother Mary, and they bowed down and worshiped him. Then they opened their treasures and presented him with gifts of gold, frankincense and myrrh.*

**Matthew 2:11**

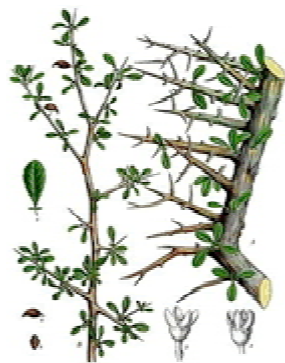
*Later, Joseph of Arimathea asked Pilate for the body of Jesus. ...With Pilate's permission, he came and took the body away. He was accompanied by Nicodemus...[who] brought a mixture of myrrh and aloes [to anoint Jesus' body]*

**John 19: 38-39**

Myrrh is a resin produced by cutting through the bark and into the wood of a number of species of trees. The principal species of myrrh-producing trees is *Commiphora myrrha*, which is native to Yemen, Somalia, and the eastern parts of Ethiopia.

Since ancient times, myrrh has been valued for its fragrance, used as both perfume and incense. Its antiseptic properties have long been utilized in wound dressings and it is still used today in various remedies.

Some Christians believe that the gift of myrrh to the baby Jesus foretold his death. Myrrh was traditionally used to anoint the dead, as indeed was used by Nicodemus and Joseph of Arimathea when they buried Jesus. In Roman Catholic tradition, pellets of myrrh are traditionally placed in the Paschal candle during the Easter Vigil. (For Christians, the flame of the Paschal candle symbolizes Christ as light of the world and his presence in the midst of his people, so the lit Paschal candle smelling of myrrh reminds them of both Christ's death and his resurrection.)



Myrrh  
*Commiphora myrrha*



### Resource 6: Picture and background information on Agarwood

Agarwood is produced primarily by trees of the genus *Aquilaria*. The fragrant resin is produced when the tree is wounded and then exposed to a fungus, possibly carried into the tree by insects. When this happens the tree responds by producing a resin to suppress the growth of the fungus. This permeates the tree, and the affected wood—known as agarwood (referred to as aloes in the Bible)—is incredibly fragrant. Oil from the resin of agarwood has been used for thousands of years in traditional medicines and perfumes. Current demand for agarwood far exceeds supply.

See also article: Joachim Gratzfeld, J. and Tan, B. (2008). Agarwood - saving a precious and threatened resource. *BGjournal*, 5, 1. Available at: <http://www.bgci.org/resources/article/0576/>



*Aquilaria crassna*  
By Blaise Droz





### Web links to download the pictures included in 'The roots of ritual' lesson resources:

#### **Wheat (*Triticum* sp.)**

[http://upload.wikimedia.org/wikipedia/commons/thumb/b/b4/Wheat\\_close-up.JPG/250px-Wheat\\_close-up.JPG](http://upload.wikimedia.org/wikipedia/commons/thumb/b/b4/Wheat_close-up.JPG/250px-Wheat_close-up.JPG)

#### **Whole wheat bread**

<http://www.flickr.com/photos/sierravalleygirl/1549102740/>

#### **Chapattis**

[http://article.wn.com/view/2010/06/05/Give\\_your\\_chapathi\\_a\\_boost\\_of\\_protein\\_fiber/](http://article.wn.com/view/2010/06/05/Give_your_chapathi_a_boost_of_protein_fiber/)

#### **Corn (*Zea mays*)**

<http://upload.wikimedia.org/wikipedia/commons/4/4e/GreenCorn.JPG>

#### **Corn tortillas**

<http://www.flickr.com/photos/seandreilinger/3662801917/>

#### **Rye (*Secale cereale*)**

[http://upload.wikimedia.org/wikipedia/commons/thumb/7/79/Ear\\_of\\_rye.jpg/800px-Ear\\_of\\_rye.jpg](http://upload.wikimedia.org/wikipedia/commons/thumb/7/79/Ear_of_rye.jpg/800px-Ear_of_rye.jpg)

#### **Rye bread**

[www.flickr.com/photos/quack-quack/322158214/lightbox/](http://www.flickr.com/photos/quack-quack/322158214/lightbox/)

#### **Rice (*Oryza sativa*)**

[http://en.wikipedia.org/wiki/File:US\\_long\\_grain\\_rice.jpg](http://en.wikipedia.org/wiki/File:US_long_grain_rice.jpg)

#### **Cooked rice**

<http://www.flickr.com/photos/asiansupper/5639194653/>

#### **Potatoes (*Solanum tuberosum*)**

[http://upload.wikimedia.org/wikipedia/commons/1/1e/Potato\\_bag\\_cultivation.JPG](http://upload.wikimedia.org/wikipedia/commons/1/1e/Potato_bag_cultivation.JPG)

#### **Baked potatoes**

<http://upload.wikimedia.org/wikipedia/commons/archive/9/93/20070430190239!BakedPotatoWithButter.jpg>

#### **Chips**

<http://commons.wikimedia.org/wiki/File:Pommes-1.jpg>

#### **Sorghum (*Sorghum bicolor*)**

<http://upload.wikimedia.org/wikipedia/commons/d/df/Sorghum.jpg>

#### **Sorghum roti**

[http://en.wikipedia.org/wiki/File:Uttar\\_Karnataka\\_food.JPG](http://en.wikipedia.org/wiki/File:Uttar_Karnataka_food.JPG)

#### **Taro plant (*Colocasia esculenta*)**

<http://upload.wikimedia.org/wikipedia/commons/7/70/TaroAKL.jpg>

#### **Taro corms**

<http://upload.wikimedia.org/wikipedia/commons/thumb/0/08/P1080339.JPG/800px-P1080339.JPG>

#### **Taro and pork**

<http://www.flickr.com/photos/avlxyz/5367022144/lightbox/>

#### **Shabbat loaves**

[http://upload.wikimedia.org/wikipedia/commons/thumb/f/f1/Shabbat\\_Chалlos.jpg/800px-Shabbat\\_Chалlos.jpg](http://upload.wikimedia.org/wikipedia/commons/thumb/f/f1/Shabbat_Chалlos.jpg/800px-Shabbat_Chалlos.jpg)

#### **Matzoh**

[http://en.wikipedia.org/wiki/File:Hand-baked\\_shmurah\\_matza.jpg](http://en.wikipedia.org/wiki/File:Hand-baked_shmurah_matza.jpg)

#### **Host wafers**

[http://en.wikipedia.org/wiki/File:Hostia\\_i\\_komunikanty.JPG](http://en.wikipedia.org/wiki/File:Hostia_i_komunikanty.JPG)

#### **Priest blessing leavened loaf**

<http://en.wikipedia.org/wiki/File:Methodistcommunion6.jpg>

#### **Pongal pot**

<http://www.flickr.com/photos/rogueanthro/5468449830/lightbox/>

#### **Turmeric plant (*Curcuma longa*)**

<http://www.flickr.com/photos/sophiea/3773353490/>

#### **Turmeric powder**

<http://www.flickr.com/photos/sea-turtle/3366082217/>

#### **Fresh turmeric**

<http://www.flickr.com/photos/en321/4658948924/>

#### **Myrrh (*Commiphora myrrha*)**

<http://upload.wikimedia.org/wikipedia/commons/1/1b/Koeh-019.jpg>

#### **Image of Agarwood bark (*Aquilaria crassna*)**

[http://en.wikipedia.org/wiki/File:Aquilaria\\_crassna.jpg](http://en.wikipedia.org/wiki/File:Aquilaria_crassna.jpg)



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