

Eat Them as Long as You Can

Lyrics by Margaret Fisher

*With the permission of Barbara Bennett Mays,
composer of "Wear It As Long As You Can"*

“George Fox, you wore leather, and so we surmise,
The killing of animals you must think wise.”
“But what say you, Friends, when you look in their eyes?
We all are graced by the Spirit’s embrace,
So eat them as long as you can.”

“From time immemorial we’ve slaughtered the cow.”
“We’ve slaughtered each other and so must allow,
What we did before this we need not do now,
We all are graced by the Spirit’s embrace,
So eat them as long as you can.”

“But what about protein, we fear for our health?”
“What’s killing you now is an excess of wealth.
The factory farms are diseasing your hearts,
We all are graced by the Spirit’s embrace,
So eat them as long as you can.”

“And why not eat dairy they locally grow,
Those chickens range freely, the labels say so?”
“Misleading - and ask where the boy chickens go,
We all are graced by the Spirit’s embrace,
So eat them as long as you can.”

“But why should we speak out, it isn’t polite,
We don’t do the killing, we walk in the Light?”
“It takes more than silence to know what is right,
We all are graced by the Spirit’s embrace,
So eat them as long as you can.”

We’ve emptied the oceans, tormented the beasts,
We do to our souls what we’ve done to the least,
So give love a chance when you sit down to feast,
We all are graced by the Spirit’s embrace,
So eat them as long as you can.

Margaret Fisher is a member of Herndon Friends Meeting in Virginia.