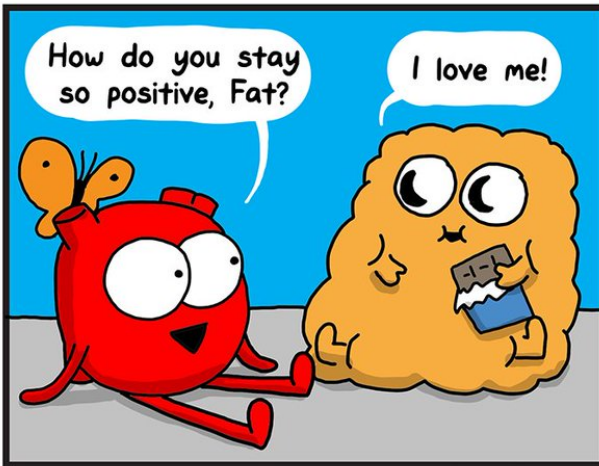
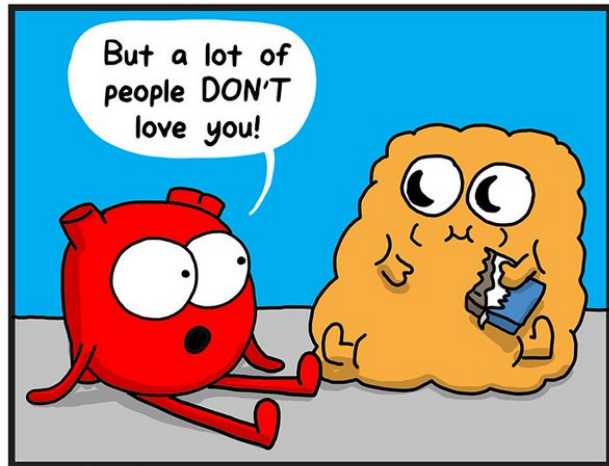


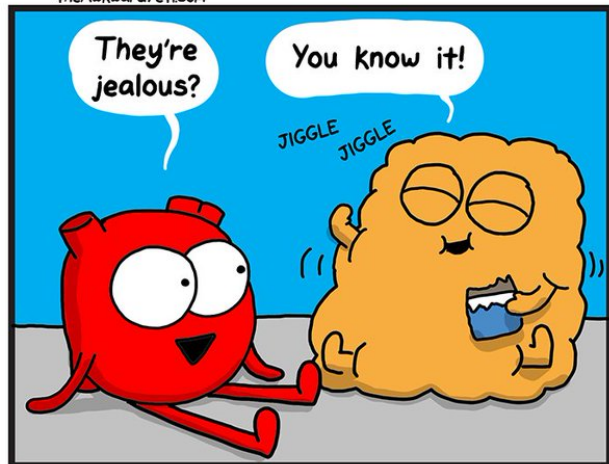
**“Honey and Milk are Under Your Tongue:”
Finding Sweetness and Abundance in Our Fat Bodies**



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What We Don't Talk About When We Talk About Fat - Aubrey Gordon

Fat: A neutral descriptor for predominantly plus-size people. While *fat* is frequently used to insult people of all sizes, many fat activists... reclaim the term as an objective adjective to describe our bodies, like tall or short.

Categories of Fat people by Ash, the host of *The Fat Lip Podcast*

Small fat: 1X-2X, sizes 18 and lower. Find clothes that fit at mainstream brands and can shop in many stores

Mid-fat: 2X-3X, sizes 20-24. Shop at some mainstream brands, but mostly dedicated plus brands and online

Superfat: 4X-5X, sizes 26-32. Wear the highest sizes at plus brands. Can often only shop online

Infinifat: 6X and higher, sizes 34 and higher. Very difficult to find anything that fits, even online. Often require custom sizing.

Obese and Overweight:

Weight classification determined by the BMI as being fat enough to present health risks. The term "obese" is derived from the Latin *obesus*, meaning "having eaten oneself fat," inherently blaming fat people for their bodies. The term "overweight" implies that there is an objectively correct weight for every body. A growing number of fat activists consider obese to be a slur. Both terms are derived from a medical model that considers fat bodies as deviations that must be corrected.

On One Foot arguments from WWDTAWWTAF:

Fatness is a part of body diversity; most people who are fat will never be thin; societal standards of thinness evolved to police people's bodies and uphold white supremacy; many health risks associated with being fat may actually be attributable to the use of diet drugs, the metabolic damage caused by yo-yo dieting, or the stigma of fatphobia; nobody owes anybody health anyway, and thin people get sick too; fatphobia is not just about stigma and loving our bodies but also about real barriers to access to travel, healthcare, clothing, even furniture for fat people.

A Torah that is Fat - Rabbi Minna Bromberg

"Weight stigma is a particularly powerful teacher around how these two fields interact, how tikkun halev (innermost healing) and tikkun olam (world healing) are inseparable. To understand how this works, we first have to look at some different types of fatphobia: internalized, interpersonal, and systemic.. Internalized fatphobia is about how I relate to my own body. Interpersonal fatphobia comprises interactions between individuals (e.g. friends, family, community members, etc.). Systemic fatphobia is at play when the actual life chances of fat people are limited due to lack of equal access to healthcare, employment, education, or clothing."

"In other words, Fat Torah is a Torah --a source of wisdom and spiritual sustenance-- that is fat: rich and expansive, nourishing from itself and beyond itself, with room for all, teaching through its love of fatness a love of all other marginalized bodies --Black and brown and queer

and trans and disabled and old and sick and neurodiverse. A Torah that is fat: an unfolding knowing of delicious plenitude and, God willing, a breadth of fresh air.”

“Fatness Is the Blessing, Not the Curse” - Rabbi Rachel Grant Meyer, commentary on B’chukotai in The Social Justice Torah Commentary

“Even as the categories of blessing and curse are complex, determining which end of the spectrum something lies on may also depend on the eye of the beholder. That which originally seems to be a curse may, in fact, be shaded in blessing if we look at it from another perspective... One person’s curse can, indeed, be another person’s blessing; furthermore, blessing can even exist within what we are told as a curse. Not until my adulthood did I find fat activist communities that turned my idea of fatness as a curse on its head. The fat justice movement teaches that we have to be accepting of and loving toward all bodies- including fat bodies. The movement seeks to root out size discrimination in general and anti-fat bias in particular. Dismantling fatphobia means not just destigmatizing fatness but also depathologizing fatness as a physical and moral disease. This means seeing “fatness as a healthy form of bodily diversity,” in the words of scholars Michael Orsini and Deborah McPhail. *V’nahafoch hu* - and it was just the opposite. The curse is not fatness; the curse is fatphobia.”

“For so many, ‘fat’ carries an implied negative value judgment. What if, instead, we understood the word to be a celebration of the ingenuity and boundless inventiveness of God’s creationary talents? Rather than smiting fat bodies as a cursed mistake to be erased from the earth, may we come to see them as the purposeful creation of a God who loves us in the fullness of who we are, not in spite of it.”

Was the Shulamite Fat?

Song of Songs 1:2-3 Let him kiss me with the kisses of his mouth, for your loving is better than wine. For fragrance your oils are goodly, poured oil is your name.

2:4-5 He has brought me to the house of wine and his banner over me is love. Stay me up with raisin cakes, cushion me with quinces, for I am in a swoon of love.

4:11 Nectar your lips drip, bride, honey and milk are under your tongue.

5:1-2 I have come to my garden, my sister, bride, I have gathered my myrrh with my perfume, I have eaten my honeycomb with my honey, I have drunk my wine with my milk. Eat, friends, and drink, be drunk with loving.

7:2-3 How fair are your feet in sandals, O daughter of a nobleman. The curves of your thighs like wrought rings, the handiwork of a master. Your navel a crescent bowl, let mixed wine never lack! Your belly a mound of wheat, hedged about with lilies.

Robert Alter: “just as the crescent concavity of her navel should always be filled, she is never to be arid and empty”

Every Body Beloved

You,
Beloved
are
Every body

Your voice in our every breath
Your light, the sparkle in our eyes
Your sweetness in our own kisses
Your saltiness, our tears

A touch of our hands,
the brush of your wings

Not a single cell devoid of you
Not a single fold unholy
Every single limb or lack thereof
another of your contours

Ample
Abundant
Ever
Is your image imprinted
Your oneness reflected in our all

In the body that is ill or aching
In the body derided and despised
In the body persevering and rejoicing

In the body
sometimes broken
always whole

Always you, Beloved
in every body

Every
Body
Beloved

- Opening Kavannah to Every Body
Beloved: a call for fat liberation in
Jewish life

Asher Yatzar

I thank you for my life, body and soul;
Help me to realize,
I am beautiful and whole.

I am perfect the way I am,
and a little broken too.
I will live each day
as a gift I give to you.

*Baruch Atah Adonai, Rofei chol basar umafl
la'asot.*

- Dan Nichols