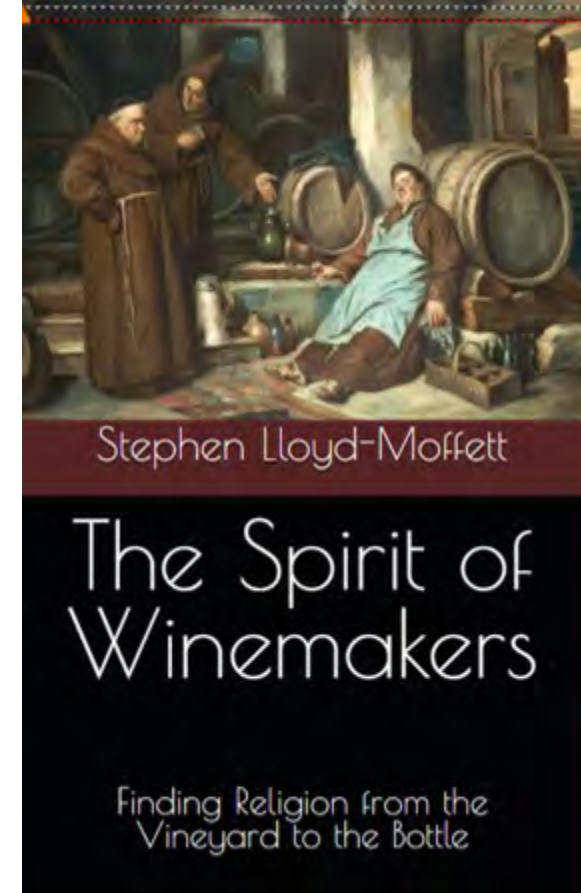
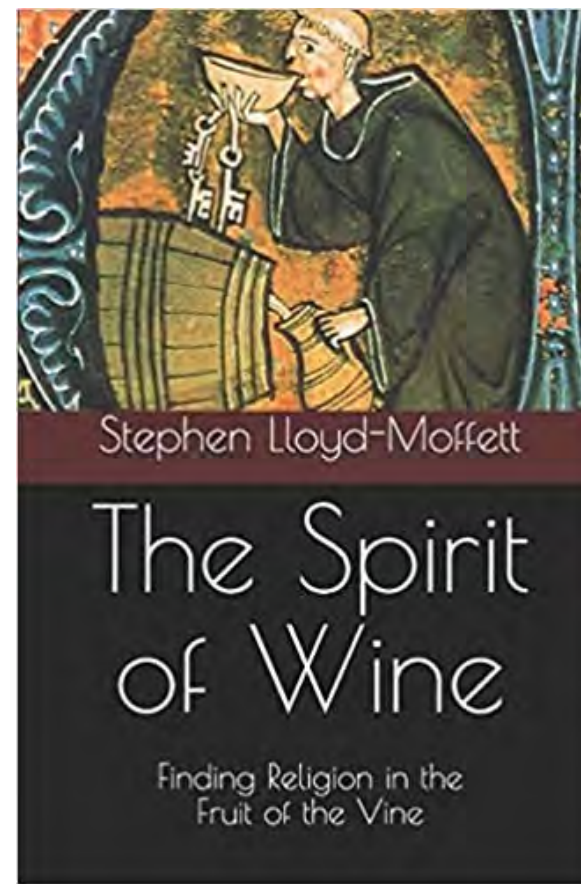


The Spirituality of Wine

A GUIDED WINE TASTING



DR. STEPHEN R. LLOYD-MOFFETT
RELIGIOUS STUDIES
CAL POLY

The Spirituality of Wine Class



An Opening Toast

God made humans, Frail as a bubble.
God made love, Love made trouble.
God made the vine, So, was it a sin
That I made wine, To drown our troubles in?

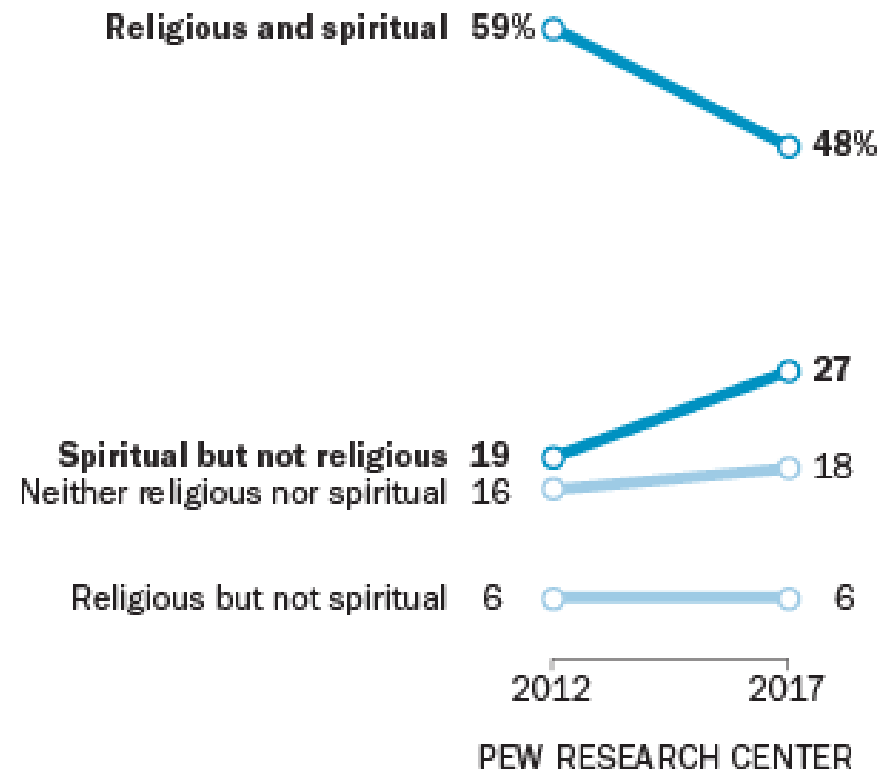
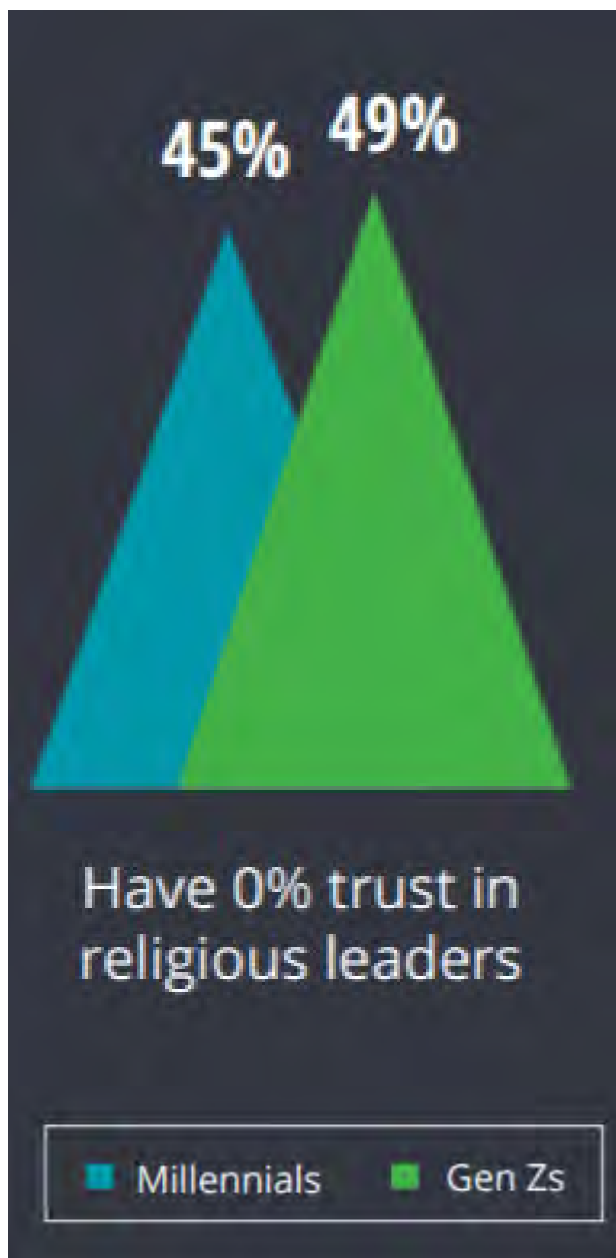


Fran Lebowitz

“Great people talk about ideas, average people talk about things, and small people talk about wine.”

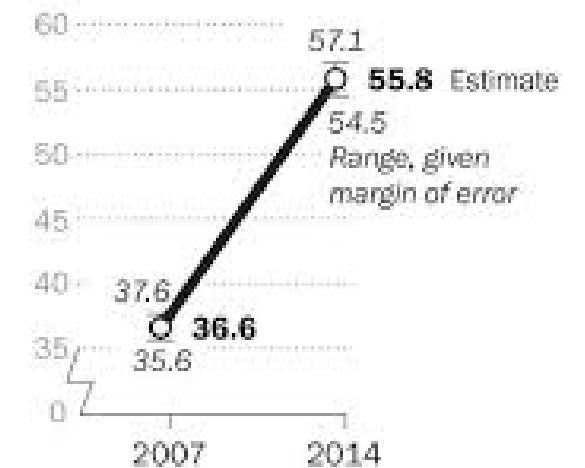


A Religion for those Spiritual people who don't like Religious Institutions



Rapid Growth of Religiously Unaffiliated

Adults, in millions



Source: 2014 Religious Landscape Study, conducted June 4-Sept. 30, 2014

PEW RESEARCH CENTER

My Journey



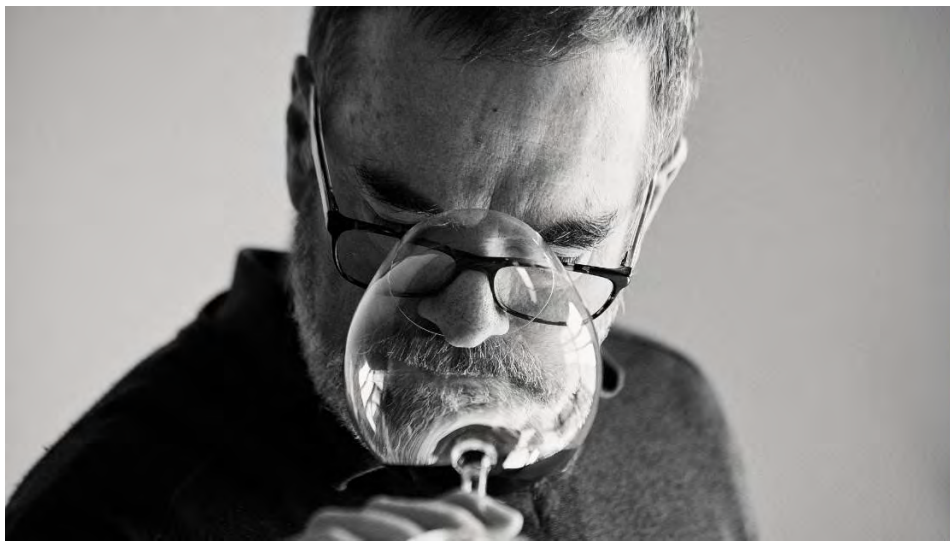
Wine Devotees?

You're
drinking
what?

Are you a wine devotee?

- ☐ Join multiple wine clubs.
- ☐ Go on vacation to taste wine.
- ☐ Closest wine tasting friends.
- ☐ Follow juicy wine scandals.
- ☐ Experience involuntary outrage at wine defilement.
- ☐ Cellar sign of the afterlife





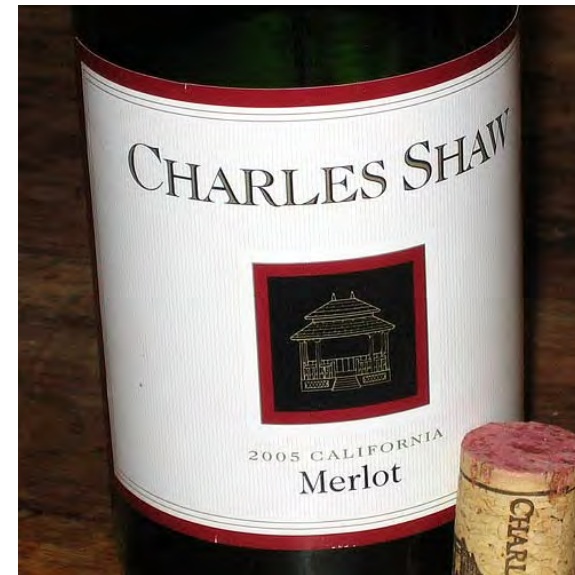
Spiritual Motivations of Winemakers





Making Wine More Spiritual in your life

Wine v. Beverage



Advice to Make Wine Spiritual

1. Be Present & Drink Mindfully



Be Present with the Wine

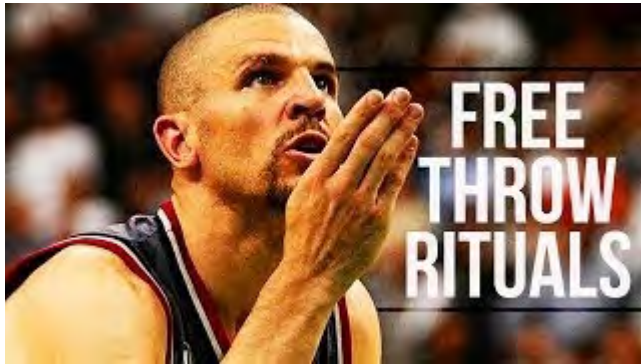
“The greatest wines are the ones you can’t write notes about because you’re weeping, overcome with their loveliness. This happened to me in a restaurant in Paris one evening; the waiter must have thought my wife had just told me she didn’t love me anymore and was absconding with the plumber. Nah, it was just the damned Jurancon. This, like all wine experiences, will jump out of the darkness at you, but it’s okay, it’s part of the spell. Don’t fear the weeper.”

Wine Importer/Author Terry Theise

Mindfulness begins with Opening the Wine

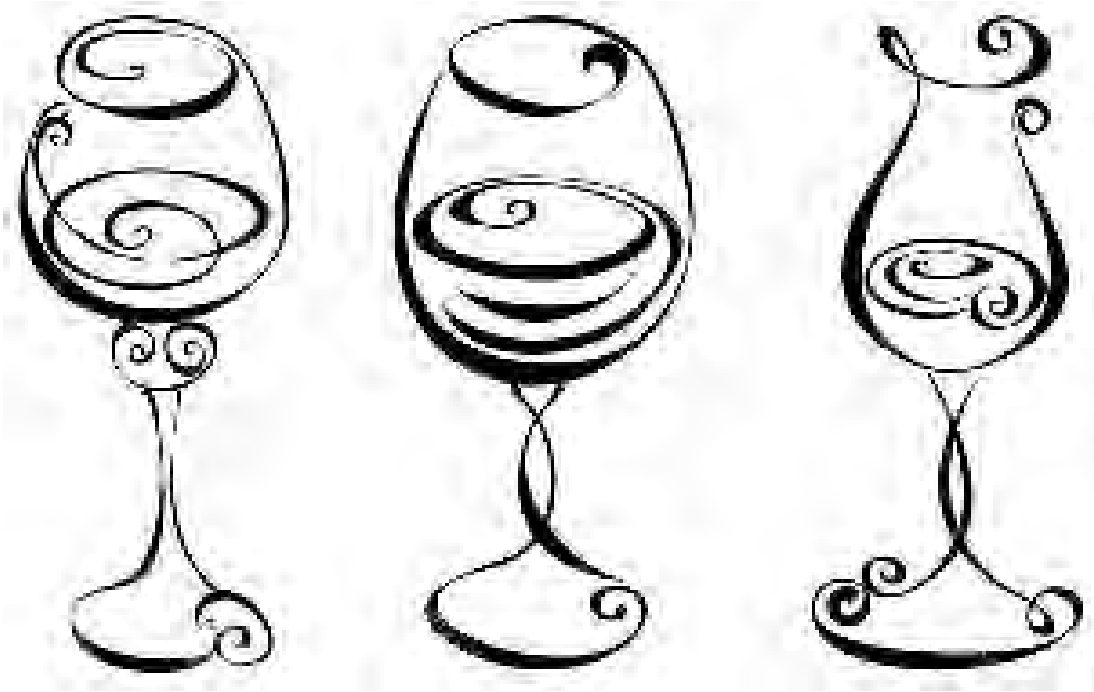


Routines Return you to your Center



How to Taste Wine Mindfully

The Wine Routine



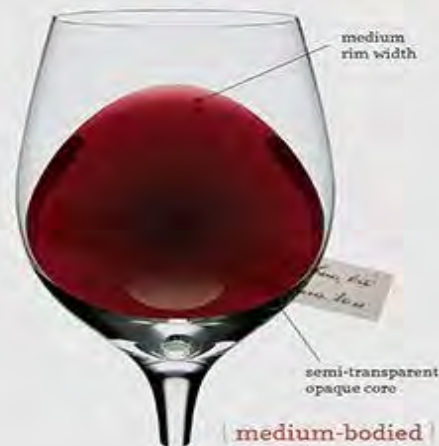
1. See

THE COLOR OF WINE



light-bodied

Light-bodied red wines tend to have low tannin and high acidity.
e.g. Pinot Noir, Gamay



medium-bodied

Medium-bodied red wines tend to have moderate tannin and medium acidity.
e.g. Tempranillo, Merlot and Sangiovese



full-bodied

Full-bodied red wines tend to have high tannin and low acidity.
e.g. Syrah, Malbec and Cabernet Sauvignon



young wine

A young wine is at its peak level of tannin, acidity and fruit aroma.



old wine

Wine loses acidity and tannin over time but gains bottle-aged aromas of spice.



light-bodied

Light bodied white wines tend to have high acidity and are best enjoyed ice-cold.
e.g. Pinot Grigio, Albariño, Muscadet



medium-bodied

Medium bodied white wines tend to have moderate acidity. Most white wines fall into this category.
e.g. Sauvignon Blanc, Trebbiano, Chenin Blanc



full-bodied

Full bodied white wines have lower acidity and rich creamy flavors.
e.g. Chardonnay, Viognier, Semillon



young wine

Most white wines are meant to be enjoyed young with higher acidity and fresh flavors.

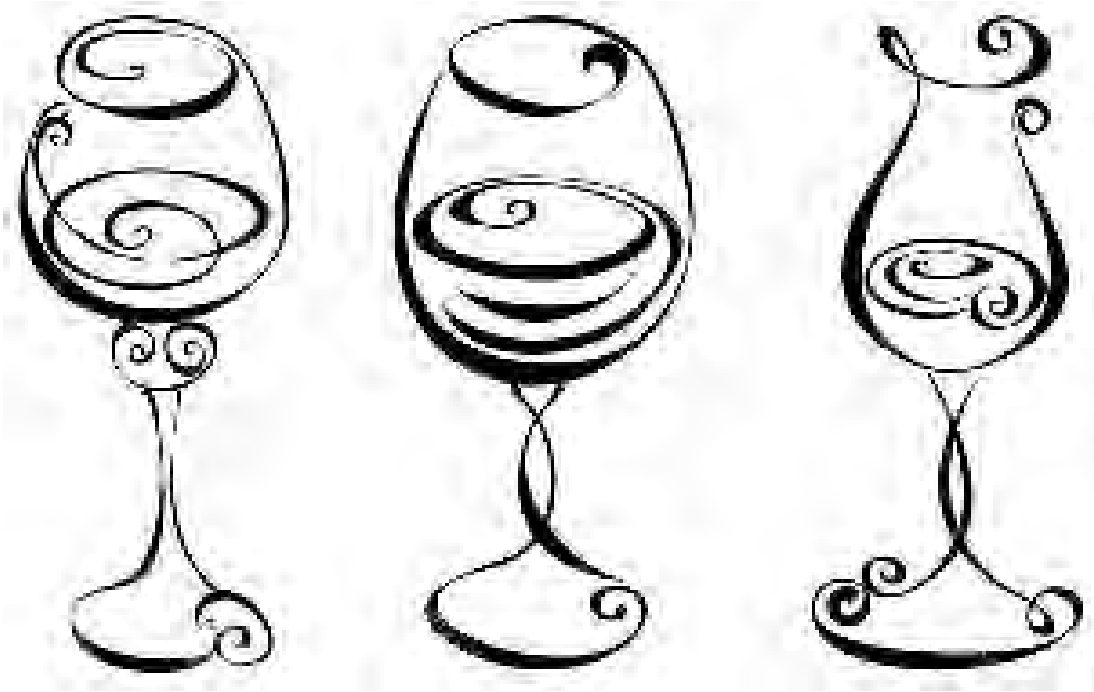


old wine

Aging is best suited for full-bodied and sweet wines. It lowers acidity but adds tertiary nutty aromas.



How to Taste Wine Mindfully

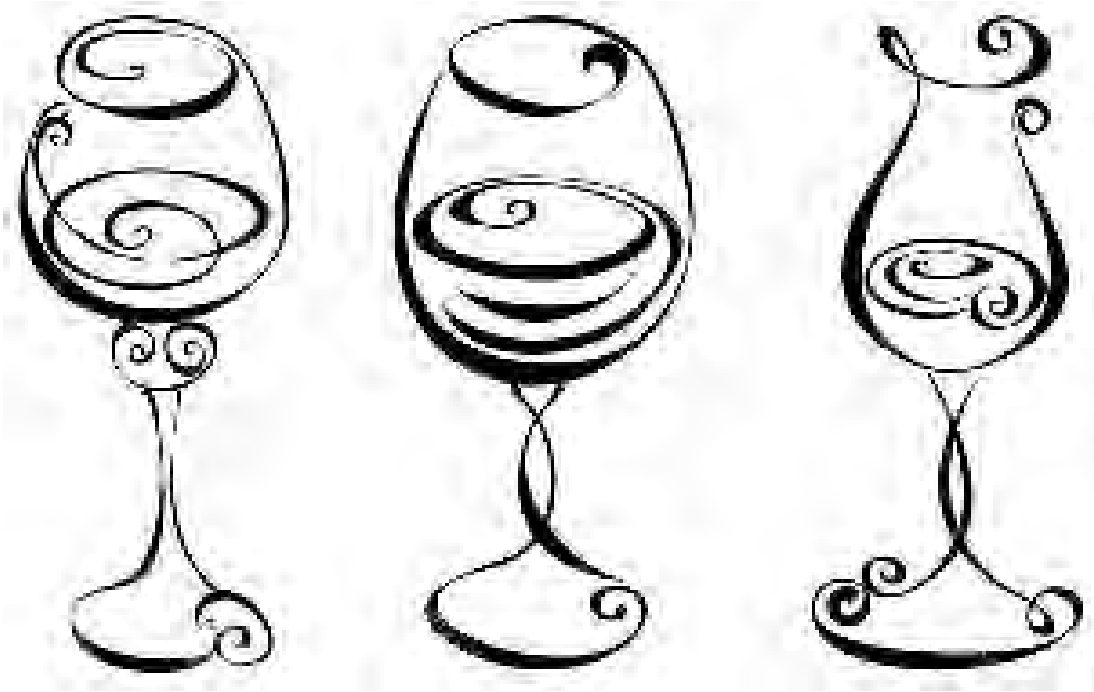


1. See
2. Swirl



Wine Glasses & the Grand Swirl

How to Taste Wine Mindfully



1. See
2. Swirl
3. Smell
4. Sip the Wine
5. Swallow or Spit
6. Savor
7. Share

2. Know the Story of the Wine



Avoid One Night Stands with Wine

2. Know the Story of the Wine



Jacque Ladriere



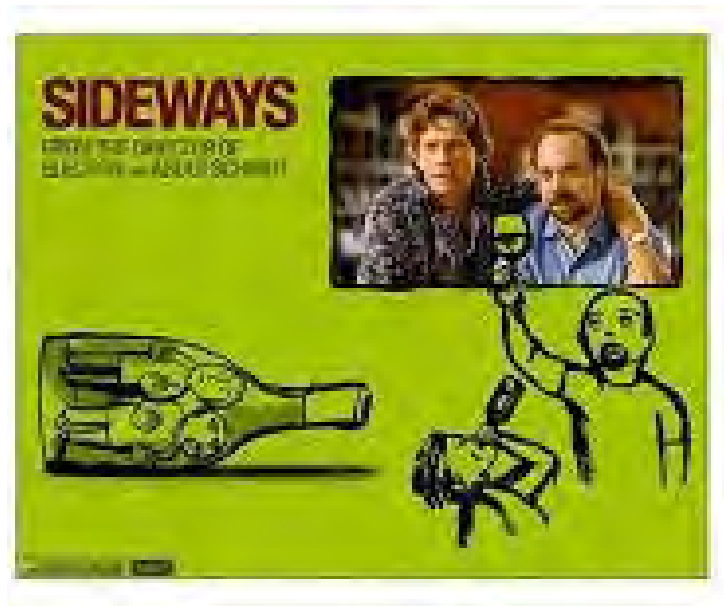
Know the *Terroir*

- ‘Somewhereness’
- ‘Distillation of place in a bottle’
- ‘Liquid geography’



Understanding Pinot Noir

Burgundy, France



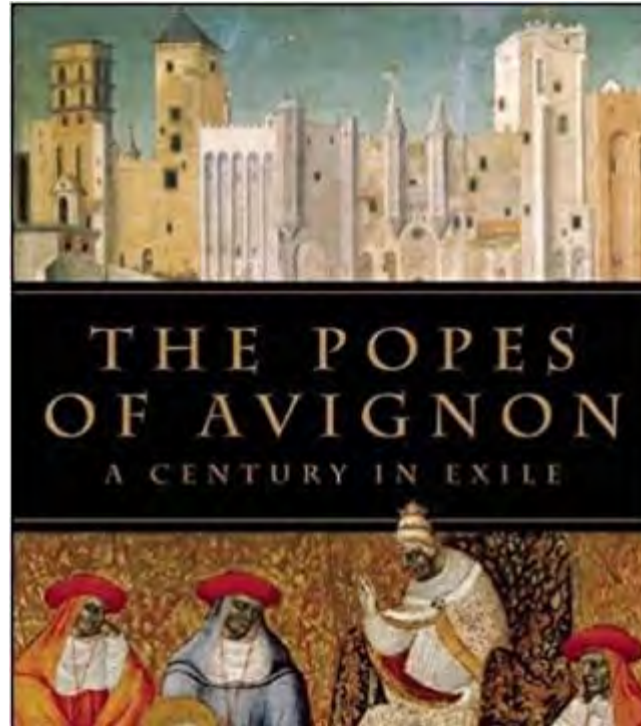
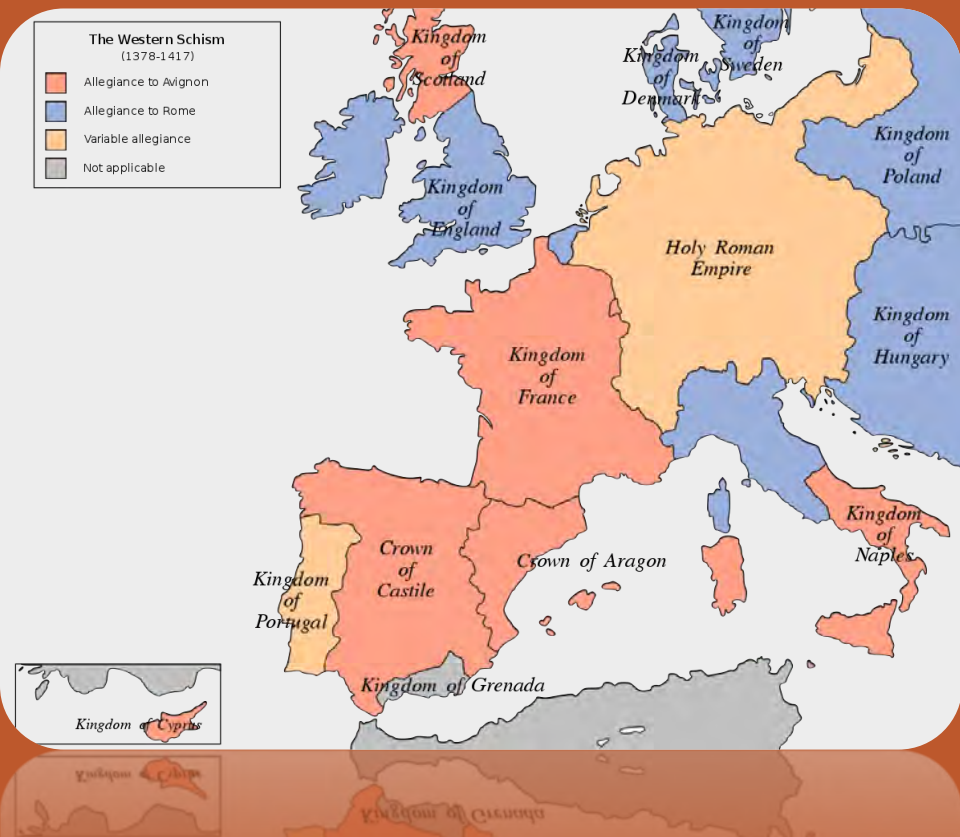
The Origins of Pinot Noir

14th Century
France



15th Century

Praise of Pinot...

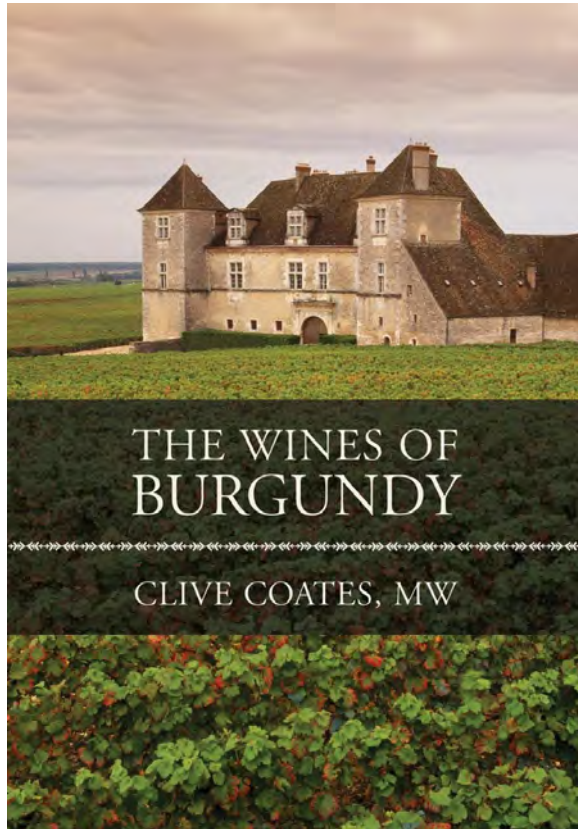


PINOT IS THE
FIFTH
ELEMENT

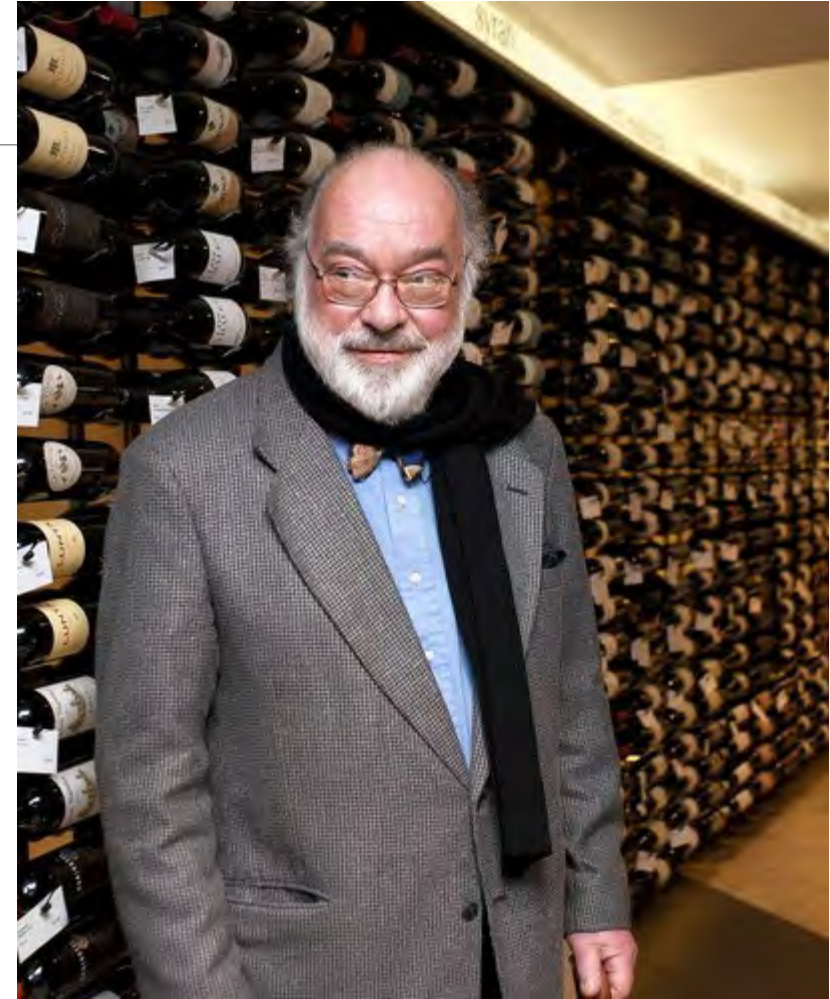
...“THERE WAS NO
BEAUNE [A CENTRAL
CITY OF BURGUNDY]
IN ITALY”



Clive Coates



“[Pinot] is a wine which can sing like a nightingale, shine forth like a sapphire, intrigue like the most complex of chess problems and seduce like the first kiss of someone you are just about to fall in love with. Moreover, great burgundy can inspire like a great orator, satisfy like the most subtle of three-star meals, and leave you at peace at the end like the slow movement of a Mozart piano concerto. At its best, the wine is complex but not puzzling, profound but not didactic, perfect but not intimidating, and magnificent but never anything less than friends.”



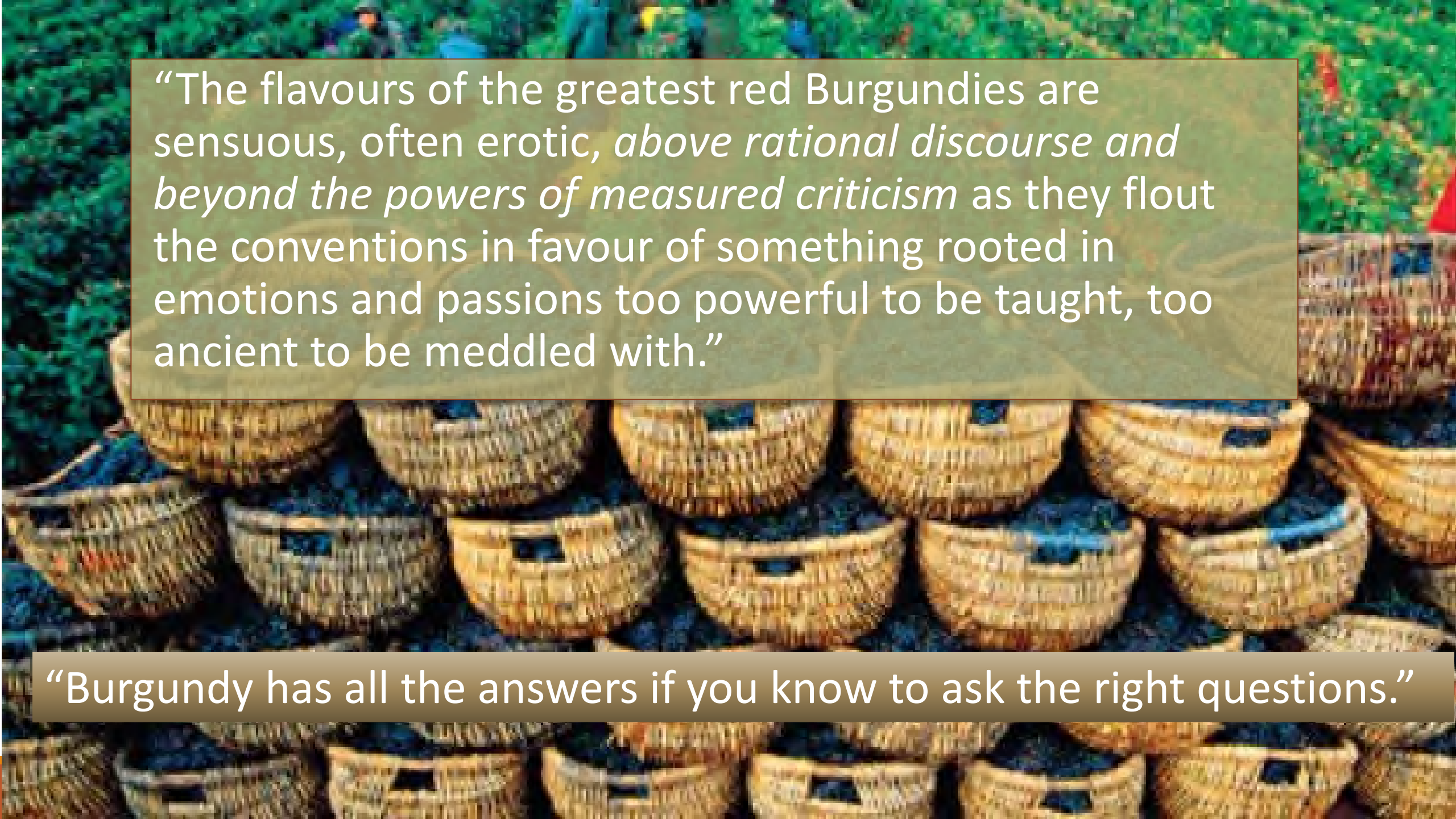


“Pinot appeals to higher and base instincts, hijacking at once both the primordial amygdala and the evolved frontal cortex. A good Pinot places you truly under her spell, you pass orgasm and go directly to post-coital bliss.”

Matt Kramer

“Even the most skeptical are willing, after savoring a genuinely great Burgundy, to concede that there may well be—dare one say it?—a Presence in the universe beyond our own.”





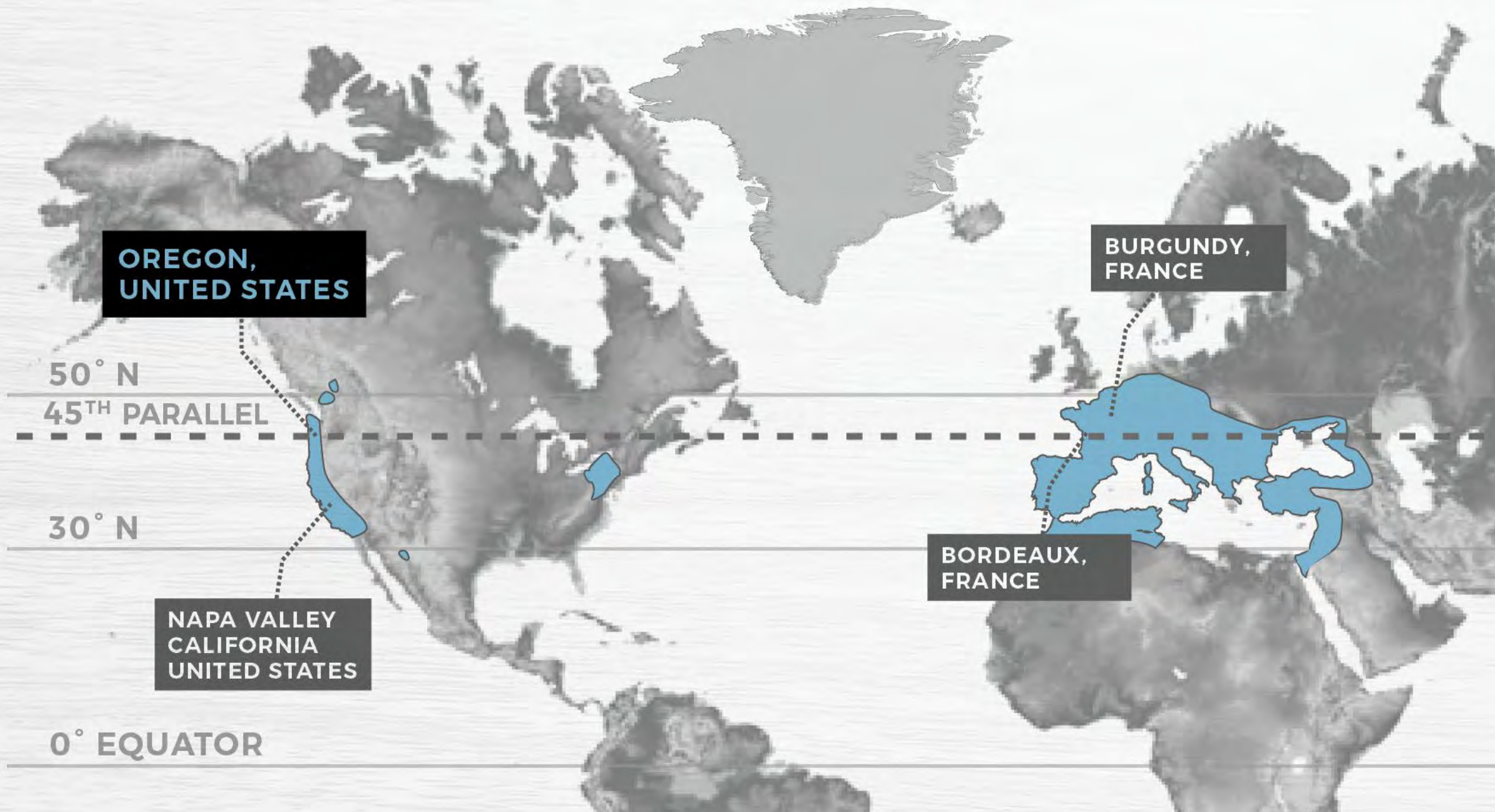
“The flavours of the greatest red Burgundies are sensuous, often erotic, *above rational discourse and beyond the powers of measured criticism* as they flout the conventions in favour of something rooted in emotions and passions too powerful to be taught, too ancient to be meddled with.”

“Burgundy has all the answers if you know to ask the right questions.”

Oregon Pinot

Est. 1965





**OREGON,
UNITED STATES**

50° N

45TH PARALLEL

30° N

**NAPA VALLEY
CALIFORNIA
UNITED STATES**

0° EQUATOR

**BURGUNDY,
FRANCE**

**BORDEAUX,
FRANCE**

Willamette Valley Vineyards

Est. 1983

WINE STOCKS	
TREASURY WINE ESTATES (TSRY)	
6.38	▼ 0.24 (-3.63%)
DIAGEO PLC (DEO)	
139.20	▼ 5.55 (-3.83%)
WILLAMETTE VALLEY VINEYARDS (WVVI)	
6.02	▼ (EXCLUSIVE %)

Public Company since 1988



Jim Bernau



Terroir of Willamette Valley Vineyards

Willamette Valley Vineyards

- Lower Alcohol, Lighter Body
- Strawberry, raspberry, delicate floral notes OR
- Earthier notes like mushroom and truffle.



The Life Span of a Wine



2019 Vintage in
Oregon

Mild Summer
September Rains

Maybe not as
ripe?



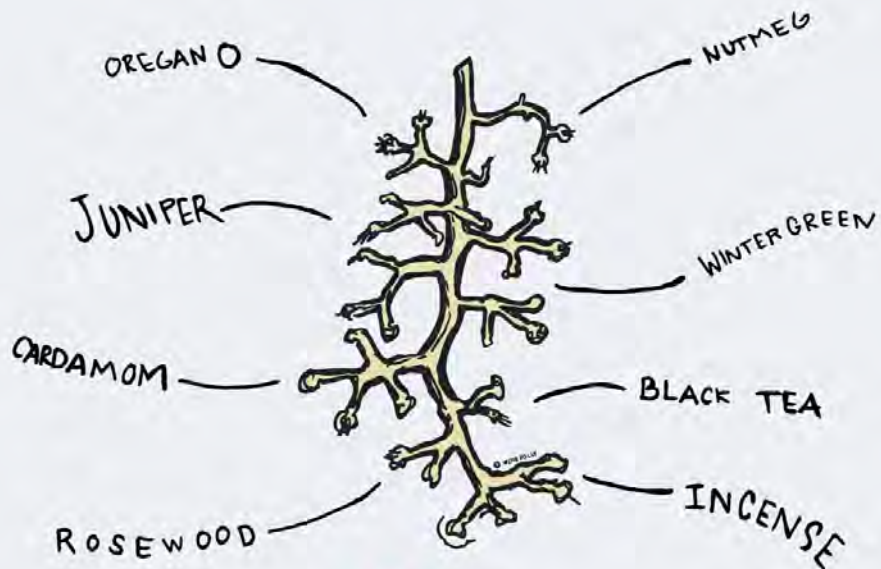
Whole Cluster Fermentation



Stem Inclusion



Destemmed



California Pinot

A scenic landscape photograph of a California Pinot vineyard. In the foreground, rows of grapevines with yellowing leaves are visible. A dirt road winds through the middle ground, flanked by trees and dry grass. The background features rolling hills and distant mountains under a clear blue sky.

Drier and Warmer Climate
More Sugar & Higher Alcohol
Cherry Cola, Vanilla

PINOT NOIR

OREGON



TASTE PROFILE



PRIMARY FLAVORS



Cherry



Cranberry



Forest Floor

PAIRINGS



Grilled Chicken



Salmon

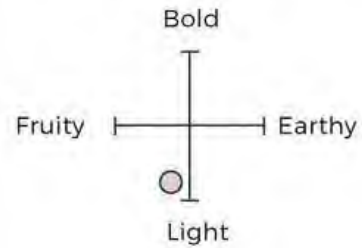


Wild Mushrooms



Roasted Pork

FLAVOR PROFILE



POPULAR REGIONS

Willamette Valley Umpqua Valley Columbia Gorge

PINOT NOIR

CALIFORNIA



TASTE PROFILE



PRIMARY FLAVORS



Ripe Red & Black Cherries



Red Flowers



Cherry Cola



Vanilla

PAIRINGS



Duck Confit

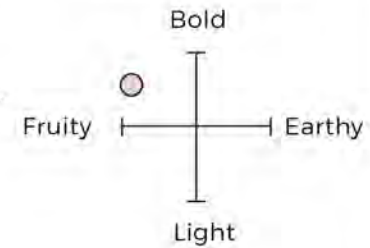


Barbecue Ribs



Roasted Mushrooms

FLAVOR PROFILE



POPULAR REGIONS

Sonoma Coast Russian River Valley Sta. Rita Hills

3. Be Open to The Mystery of Wine



Transcendence in Wine



Anne Morrey:
“When people realize
that wine is more than
alcohol, it will be a more
important step for
humanity than going to
the moon.”



The Awesome Mystery of Wine

100 different species of grapes

99% of wine comes from one species *Vitis vinifera* and can be grown on less than 1% of the planet

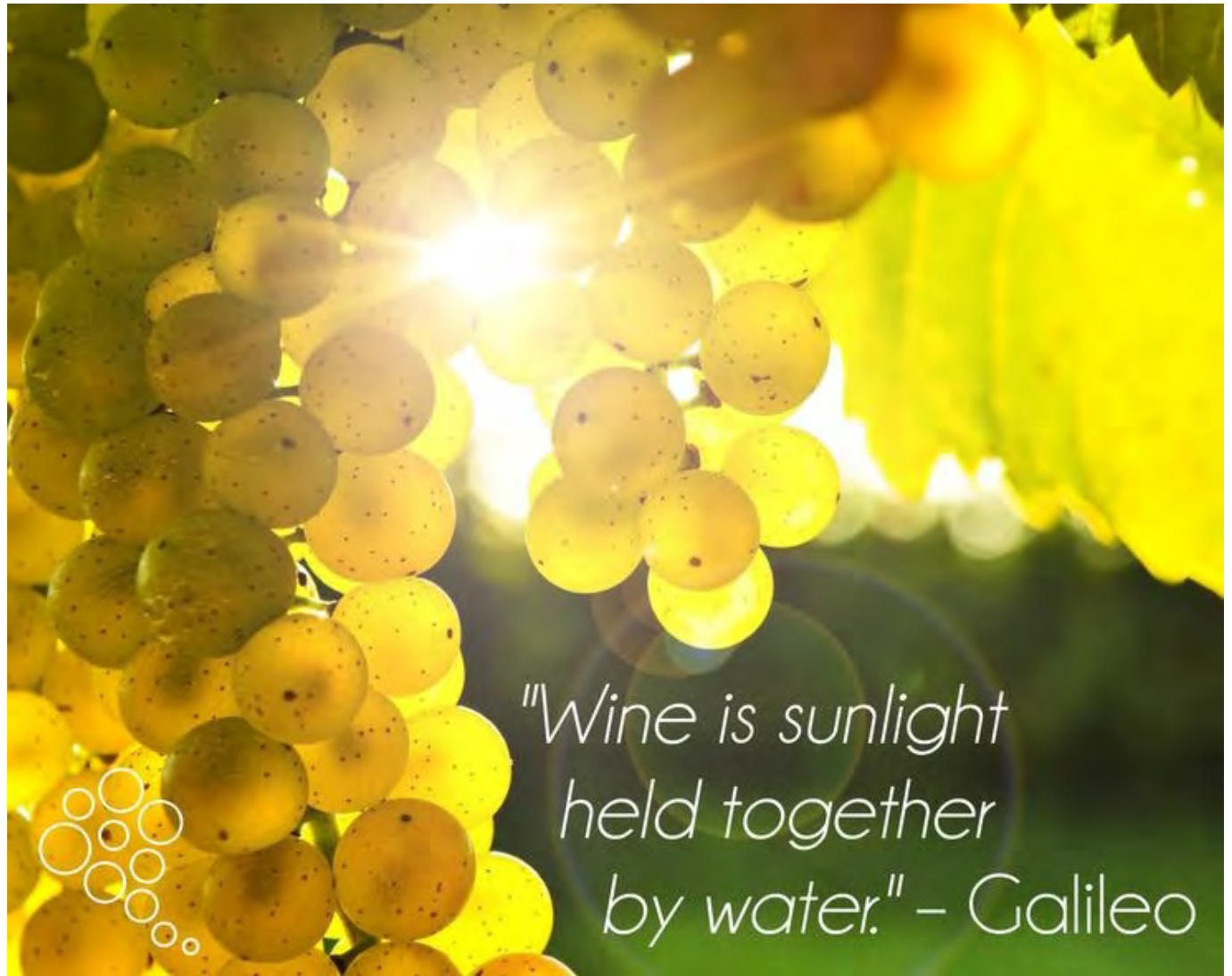
First winemaking during the Neolithic period, 8500 BCE

Ben Franklin



“We hear of....[the Christian tradition] of turning water in to wine as a miracle. But this conversion is, through the goodness of God, made everyday before our eyes. Behold the rain which descends from heaven upon our vineyards, and which incorporates itself with the grapes to be changed into wine; a constant proof that God loves us and wants us to be happy.”

Galileo
Gallilei
“Wine is
sunlight,
held
together by
water!”



*"Wine is sunlight
held together
by water." – Galileo*

Drink Outside the Wheel &



Avoid the Tyranny of Judgment

Philip White
about a 2005
Castagna
Sangiovese



“Sometimes I think she glimpses at me, over her shoulder, but not often. No white of eye, only mascara and cheekbone. She sits here on my desk with her back to me. Once, I thought I saw lipstick, but so fleeting it may have been a smudge in my brain, a tragic shard of lust. It’s all shiny black leather, disappearing in the dark to a raven muss of hair. She’s been eating morello cherries and Valrhona Coeur de Guanaja 80% chocolate, and she’s wearing Jean Desprez Bal à Versaille to enhance the fact that she hasn’t showered for days. When she moves her legs, I hear stockings. And that scarlet Louboutin clack.”

Write a Creative Tasting Note



Art



Wine Haiku

150

Shat nappy charged, stinking,
sodden, there: troubled bliss
of being



Andrew Jefford

Advice to Make Wine Spiritual

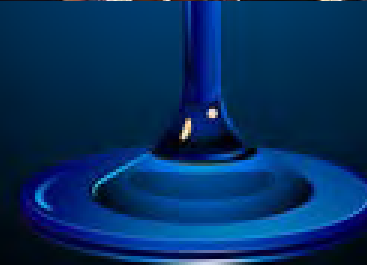
4. Drink with a Conscious Community

**FRIENDS DON'T
LET FRIENDS
WINE ALONE**



“El Vino, para que sepa a vino, bebelo con un amigo”
“For a wine to taste like real wine, it has to be drunk
with a friend.”

The Magic of Building a Wine Community



Wine Tasting Ideas

THEMES

Same varietal across countries (e.g., Cabernet around the world)

Multiple varietals within the same country or region (e.g., Argentinian wines)

A ladder or multiple years of the same wine (e.g., Ten consecutive years of Beckmen Syrah)

A horizontal of a given producer (e.g., all the 2005 wines of Gaja)

Obscure grape varietals

Wines with the worst/best labels

Best bottle of wine from one's cellar

Wine competitions such as French v. Napa Cabernets or 2011 v. 2010 Chiantis

QUESTIONS

What emotions does this wine evoke?

What images, associations, colors, or memories does it inspire?

What music does it bring to mind?

If this wine was a painting, who would be the artist?

If this wine was a celebrity, who would it be?

If this wine was a car, what would it be?

If this wine was an item of clothing, what would it be?

Advice to Make Wine Spiritual

5. Cultivate Spiritual Drunkenness



Monks as Heavy Drinkers

Brother John on his quest for the Oracle of the Divine Bottle: “Never yet did a man of worth dislike good wine, it is a monastic truism.”



To Drink Monastically



"To drink like a Capuchin is to drink poorly, To drink like a Benedictine is to drink deeply, To drink like a Dominican is pot after pot, But to drink like a Franciscan is to drink the cellar dry!"



A Monastic Attitude toward Drinking





Drink Monastically



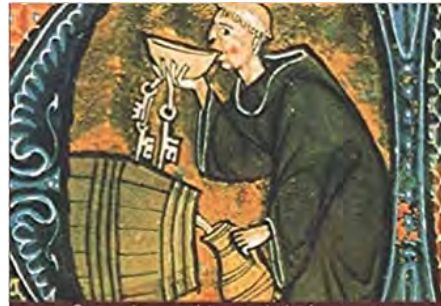
The Spirit of Wine:
1. Gratitude
2. Giving



Advice to find Spirituality in Wine

1. Be Present & Drink Mindfully
2. Know the Story of your Wine
2. Be Open to Mystery
4. Drink with a Conscious Community
5. Cultivate Spiritual Drunkenness

The Spirituality of Wine



Stephen Lloyd-Moffett

The Spirit of Wine

Finding Religion in the Fruit of the Vine



Stephen Lloyd-Moffett

The Spirit of Winemakers

Finding Religion from the Vineyard to the Bottle

“He led me into the House of Wine under a banner that was love.”

Song of Songs 2:4