

Mountview Uniting – Communion @ Home



Around A Table: A Family Breaking Of Bread

In our formal rituals around communion, we sometimes forget that the Last Supper occurred as a group of friends sharing a meal. This alternative way to remember Christ's sacrifice and love can be used with friends and family members of all ages and is ideally shared with a meal around a table.

All say together the sections in **bold type**
(If one person is celebrating communion say all parts)

The Gathering

The leader begins by saying:

We are all welcomed as we share this meal

Each speaks out their name, going clockwise around the table

All are welcomed

God is with us

And his Spirit draws us closer

A candle on the table may be lit

The Lord is with us

His Spirit is here

Prayers for Others

The leader says:

Placing the palms of our hands on the table,
we bring to mind the people we have spoken with today,
silently counting them with our fingers, if that helps

*After a few moments of thought,
the following is said together.*

**We thank God for all those
we share the days of our lives with**

Silence

Turning over our hands, we look at our unique fingerprints.
We bring to mind the different people who have left their gentle marks upon our lives today.

After a few moments of thought, the following is said together

We thank God for all those who have encouraged us

Silence

Silently we name each person aware of God's
motherly love holding them as a mother
bird would take her chicks under her wing

We place our other hand underneath our closed hand

**We ask God to hold in the hollow of His hand
all those we have prayed for and given thanks for today**

Silence

Scripture Reading

They came to the edge of the village where they were headed. He acted as if he were going on but they pressed him: ‘Stay and have supper with us. Its nearly evening; the day is done.’ So he went in with them. And here is what happened: he sat down at the table with them. Taking the bread, he blessed broke and gave it to them. At that moment, open eyed, wide eyed, they recognized him.

Communion

Each person takes bread in their hands

“Take this bread; it is the bread of Life.”

**We share the bread which sustains the life of God in us,
as Jesus took the bread, broke it and blessed it**

Each person holds up their cup or glass of juice

“Take this cup; it is the gift of Christ.”

**As Jesus did, we take a cup and give thanks and remember the life
that Jesus gave for us**

Each person silently eats their bread and drinks from their glass of juice.

The Meal

The following is said together:

**Lord each day as we wait on you, you strengthen our hearts.
So now, as we eat the food set before us, strengthen our bodies
and as we share our lives around the table, strengthen the bond between us**

The food that has been lovingly prepared, is eaten.

The Blessing At The End Of The Meal

**Loving God, we thank you for every gift of life and wellbeing,
of love, and faith and for the gift of this meal we have shared together.
Help us find our life in you, and work to see your kingdom coming. Amen.**

This resource was prepared by Rev Tina Lyndon Ng for Mountview Uniting Church.

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