

Jesus said "Come to me all you who are weary and I shall give you rest"

Invitation

Come to this table, shaken like salt; come to this table, tasty like salt –
for you have preserved old stories, and raised the blood pressures of those who do injustice.

Come to this table, with shining; but also come with your tired old batteries –
for you have illuminated joys and sorrows, and you have been snuffed out and re-lit again and again.

Come to this table salty like sweat from caring for the world, and crumpled like a bag of fries.
Come to this table, bright as a halogen headlight and fragile as the candle flame on a one-year-old birthday cake.

Come to this table because whoever you are Jesus told parables for you.

Consecration

Spirit of Christ, shake on our lives the seasoning of love for Bread is Body
and the Cup is poured for all. Shine on these gifts so here and so now.
Shine on our lives today and give us enough for everyone's tomorrows. amen.

Remembering

EAT, DRINK, REMEMBER WHO I AM,
**EAT, DRINK, REMEMBER WHO I AM,
SO YOU CAN REMEMBER WHO YOU ARE,**
EAT, DRINK, REMEMBER WHO I AM,
SO YOU CAN REMEMBER WHO YOU ARE,
AND GO TELL THE OTHERS.....

**EAT, DRINK, REMEMBER WHO I AM
SO YOU CAN REMEMBER WHO YOU ARE
AND GO TELL THE OTHERS
SO THAT ALL GOD'S CHILDREN CAN LIVE IN HOLY COMMUNION, HOLY
COMMUNION**
(Ann Weems)

Sharing of the Elements

For all your paths in the New Year, and all the light arising on your way home.

Take this bread and eat.

For every meal you share with others, and every sip you need of hope.

Take this cup and drink.

Thanksgiving

God, now that we are fed, we recognize how many there are who need a lighted lamp lifted so high it may take several hands to hold it, and who always need a taste of tomorrow and a sip of courage for it. For this we pray. Amen