

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

Invitation

At this table we give thanks for justice, love, peace and freedom.

At this table we give thanks for friends and strangers together in community in this safe place. We celebrate the mystery we experience and address as 'God'. Ground and sustainer of everything that exists, in whom we live and move and have our being. And we acknowledge this mystery embodied in every human person, aware that each one of us gives G-o-d unique and personal expression. G-o-d is everywhere present.

In grace-filled moments of sharing. In carefully created communities of loving solidarity. We are one with everything, living and nonliving, on this planet. At this table you are invited

Consecration

O God, the sky speaks your glory and deep space your creation. Daybreak announces hope and starlight sings rest in a language that needs no translation but joy. Nothing is hidden from you, and you make no barriers for human understanding. We are revived, enlivened, warned and comforted. Beyond even the bright and sweet parables of our lives, you free us from definitions of relationship based in dominion and being dominated and you lead us to words of reconciliation and grace.

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

Let us share the bread.

It is the gift that reminds us of our gifts.

Let us drink deeply.

So that we may always travel on.

Thanksgiving

We give thanks that we have gathered together in this sacred place.

Rejoice in the giftedness of each person here. We are grateful for who we are for each other.

May we continue to be truly thankful in all we do and in all we become.