

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

Invitation

We lift up our eyes to grandma's pantry and the food pantry, to sacristy and IV pole, grocery bag and take-out, looking for what sustains us. God sustains us with the gifts of earth and sky, with parable words to guide our decisions, and human helpers to hold our sorrows.

God does not sleep through our prayers or slumber when we weep or complain. God is our host, giving us a true meal, for the hungers of daytime work the wanderings of the night, and even when danger and loss surprises us. We have bread and cup strength when we go out, bread and cup comfort when we come in, a sacrament of life as real as daily food, as holy as the small, sweet gift of Holy Communion.

Consecration

O God, you so loved the world that you sent your beloved One, Jesus, into our midst. Jesus, also loving the world and seeing how hungry we are for hope and love and peace, set this table to sustain us in the midst of all things. May the Bread of our mouths and the Cup upon which our hearts meditate, be acceptable to you, O God, at this ordinary table and in all places and ways we feed one another. 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

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

In thanksgiving for this sustenance on our Lenten journey, we claim all stories of Jesus as our own, a path of healing and love toward the cross and the ever-present truth of the resurrection. Let us pray ...

O Holy One, we come to you with our weariness and hope. We thank you for the rest and strength of this Communion so that we may re-turn our tables to service in the world and hear your words of guidance every day and every night. Amen