

Table Ritual

Together at the evening meal or the main meal of the day, gathered around the common table, we give thanks to God who is the sustainer and protector of our days. This ritual gives us the opportunity to connect that which we will share at this table with the everlasting abundance of God.

Candles

Once all are gathered at the table, a member of the family lights two candles, placed as the centre piece of the table. After which one participant or all pray together.

O God, who scatters the darkness of our world, may the lighting of these candles remind us that you continue to overcome all darkness that attempts to overshadow your light. May we always see the brightness of your light and the radiance of your truth, through Christ our Lord. Amen

Water

A member of the household pours water from a common jug, into individual glasses. After which one participant or all pray together.

O God who sends down the rains to water the earth so that the soil may produce a rich and bountiful harvest, may this water refresh us and satisfy our every thirst as we place all of our hope and faith in you, through Christ our Lord. Amen

All take a drink of the water together.

Bread

As a loaf of bread is broken and shared among those at table.

O God who is our daily bread for health of mind and body, we pray that this bread now broken and shared will keep us ever mindful of your abundant love and mercy. Nourished by this bread may we always be bread for one another, through Christ our Lord. Amen

Bread loaf or large bun is shared among those at table.

**Meal continues as per usual.*

Wine or Fruit Juice

As the meal draws to conclusion, a small glass of wine or fruit juice is poured out for all at table. As each glass is held up, all pray together.

Blessed are you Lord God of all creation. Through your goodness we have this fruit of the vine which earth has given and human hands have made. May this blessing cup make us always mindful of the love which you have poured out for us in the Blood of Christ so that we might live each day in the promise of eternal life. Thanks be to God.

Together all drink the glass of wine or fruit juice.