

ONE BREAD, ONE CUP,

# One People

AN INTERGENERATIONAL EVENT  
ON THE LORD'S SUPPER



We are grateful to Annette Ediger, minister of faith formation at Church of the Servant in Grand Rapids, Michigan, for shaping much of the content of this event.

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# ONE BREAD, ONE CUP, ONE PEOPLE

## Guide for Leaders

### SCRIPTURE

1 Corinthians 10:16, 17; 11:23-25

### FOCUS

When we participate in the Lord's Supper, Christ feeds us with himself, and we become one with him and each other.

### GOALS

**Know:** Tell how the bread and wine of communion symbolize the body and blood of Christ and say what they've meant to you personally.

**Grow:** Feel one with Christ and his people as you share your stories of the bread and wine.

**Show:** Anticipate celebrating the Lord's Supper with God's people, either soon or at a later date.

## BIBLICAL REFLECTION ON 1 CORINTHIANS 10:16, 17 AND 11:23-25

In this text the apostle Paul issues a call to the Corinthians. Addressing them as the body of Christ, Paul asks the Corinthians to be distinct—unique both in their *unity* and their *purpose*.

### Unity in the Body

Participation in the Lord's table is an act of worship—a willing and joy-filled union with God in the work of reconciliation. At the table we stand before God, and our distinctives become secondary to the one thing that distinguishes us: our identity and unity in Christ. At the table the wholeness of the body of Christ is made visible in the people gathered there.

In partaking of the bread and wine (or juice) at the Lord's table, we see visible reminders that we are united by Christ's body to be one body. It is there that we can sing with confidence, "In Christ there is no east or west; he breaks all barriers down; by Christ redeemed, by Christ possessed, in Christ we live as one."

### Blessed to Be a Blessing

Blessing always has a purpose. When God called Abraham, God blessed him to be a blessing to the nations surrounding him. And that's true of blessings we receive too. Just as the cup and bread are blessed for a purpose, so are we. Just as the elements are set apart for the spiritual nourishment of our souls, in the same way we are set apart as God's people. We are set apart as agents of reconciliation in our communities, living and breathing symbols of the body and blood of Christ.

When we gather in Christ's name, we realize something astonishing: we are the very body of Christ on earth. *We* are the body of Christ. Not me, but we. Together. Nowhere else is this as clearly evident as it is at the Lord's table. At the table we can find our hope sustained and our strength renewed. At the table we are reminded once again of our calling to serve as witnesses to Christ and to the reconciling power of God. What a marvelous gift to share!

### For Leaders

When you're facilitating a conversation about the Lord's Supper, it is important to keep in mind the diversity of experiences and understandings of the Lord's Supper in the room. People from different generations and church backgrounds, or no church background, will approach the same table with very different eyes. For some, the Lord's Supper elicits feelings of trepidation or shame, and the idea of coming to the table with joy may be a challenging one. Others may not be comfortable asking questions about the mystery of what happens when we gather at the table.

As a leader, your goal is to extend to each and every person the welcome of Christ, to foster a safe space for conversation, and to demonstrate God's call for us to fellowship. You also have the opportunity to share God's missional heart and proclaim the truth that God's people are called to serve as the hands and feet of Christ in the communities in which God has placed them.

—Rev. Shannon Jammal-Hollemans

# INTRODUCTION

## WHY INTERGENERATIONAL?

Intergenerational events provide much-needed opportunities for the whole church family to gather at a table to talk, laugh, wonder, discover, and praise God together. Those who participate in this event will gain a clearer understanding of the Lord’s Supper and a stronger appreciation for the fellowship of believers. Nowhere else are we so clearly *one*—old and young, rich and poor, educated and uneducated, people of all ethnicities—as we are at the table of the Lord. What a wonderful truth to recognize and explore with all members of your congregation!

While this event can be modified in many ways, it is designed to last 45 minutes to 1 hour so that it can be used during the traditional “education hour” on a Sunday morning (or on a Sunday or weekday evening).

To truly make this an intergenerational event, consider closing the nursery and not offering classes for preschool children. Seeing and hearing children at this event will be a beautiful reminder of the ongoing growth and vitality of God’s family.

## PREPARING FOR THE EVENT

The following steps will help you (and others who assist you) to plan an event that will be meaningful and enjoyable for people in your congregation.

### 1. Read through this guide and all the Reproducible pages.

It’s always tempting to dive right in and start “doing,” but please take some time to carefully review this event before you begin. The event includes a variety of activities and options. For example, there are three Gathering Time activities: Gathering Questions, Symbol Challenge, and I Remember. You may use all of them or only one or two—depending on your timeframe and what you know about your congregation. There are also options for how to present the heart of the content for this session. Check them out!

### 2. Find volunteers.

Invite others in your congregation to help you make this the very best event possible. In addition to the roles listed below, you might also want to find people to help you prepare the snack, gather materials, play a simple accompaniment for the song, and so on.

Here’s a list to get you started:

- **Event Leader:** The person who welcomes the group, leads some of the activities, and keeps everything moving. **You may want to take this role yourself.**
- **Table Hosts:** Before the event, recruit a host for each table. Table Hosts are responsible for greeting people who sit at their table, setting up and cleaning up materials for their table, and facilitating discussion to make sure all members of the group get a chance to participate. They should be on the lookout for ways to involve children and warmly enfold people who are new to your congregation. When you find people who are willing to act as hosts, send them the handout called “Tips for Table Leaders” (Reproducible page 1) and a copy of this session.

Depending on which activities and options you choose, you may also need the following people:

- **Object Bringers:** Ask two or three people to bring objects that remind them of something special in their lives and ask them to be ready to briefly tell about what they brought and why (see Gathering Activities).
- **A Scripture Reader and a Scripture Actor:** These people will help the Corinthians passages come to life for your group. Look for a strong reader. You may want to invite a child or young person to do the actions (see Step 2).

- **Readers for the readers' theater:** We've included an optional readers' theater of the Mark version of the Last Supper for groups that feel the need to give some extra context to the Corinthians passage. If you choose to use this reading, you will need as few as four readers or as many as 14. Be sure to include readers of all ages. (See option to Step 2.)

### 3. Announce the event.

Because the topic of communion is so important to your unity as Christ's body, encourage the entire congregation to attend. Announce the event early and repeat the announcement often. Here are some ways to get the word out:

- Ask the pastor to announce the event from the pulpit and urge people to come.
- Also make announcements yourself in subsequent weeks during the announcement time in your weekly service.
- Place announcements in the bulletin, including time and date and a brief description of the event.
- Include a brief article about the event in your church newsletter.
- Place posters around your church to remind people of the event, and invite them to sign up so you have an idea of how many people will attend.
- Personally invite people whenever possible. Communicate your excitement about the whole church gathering to learn about the sacrament together!

### 4. Gather materials.

Because you'll need quite a few supplies, ask volunteers to help. Find people who are willing to make copies, bake bread, use the patterns to cut out construction paper shapes, and so on. Using the gifts of others will allow you to put all your energy into shaping the event.

Here is a list of the materials you will need:

- Silk flowers (or strips of paper) in five colors (one flower or strip per participant)
- Quart jars or vases (one per table)
- Nametags
- Loaves of bread and grape juice in a communion chalice—you will need two or more loaves and two chalices for this event
- Reproducible page 1, Tips for Table Hosts (send or email to each host)
- Reproducible page 2, Gathering Questions (three copies per table)
- Reproducible page 3, Symbol Challenge (one copy per table)
- Reproducible page 4, Table Activities (two or three copies per table)
- Reproducible page 5, Loaf and Chalice coloring page (make enough copies for all the young children who will attend)
- Reproducible page 6, Heart Pattern (cut out one construction paper heart for each person who will attend, plus a few extras; prepare hearts according to the directions on the reproducible page)
- Optional: Reproducible page 7, Readers' Theater (one copy for each reader)
- Optional: Reproducible pages 8 and 9, Home Activity Pages (one copy of each per child attending, use as a take-home activity)
- Reproducible page 10, What You Need List for table hosts (one copy per table host)
- Reproducible page 11, Take It Further ideas (one copy per family or household)
- Snack: Plates or baskets of various types of bread for each table (pita, tortilla, French, Italian, whole-grain, gluten-free), one per table
- A pitcher of grape juice, one per table
- Paper cups and napkins
- Communion song. Consider something simple like "Eat This Bread" (LUYH # 818). If you have the rights to project the words for this song (or whatever song you choose), do so. Otherwise, sing it through a few times until people catch on, or print the words on a large sheet of paper and hang it where people can see it.

- Pens or pencils (one per person)
- Tape (one roll per table)
- Crayons or markers (one set for each table)

The supply list may look long, but the supplies themselves are easy to find. Again, we encourage you to use other willing hands in the church to help gather materials.

## 5. Set up the room.

### *Welcome Table*

Set up a welcome table near the entrance to your meeting space.

### *Seating*

If possible, provide tables that seat eight for this event, since discussions are intended to take place around a table. To make sure each table is intergenerational, use a plan such as this:

- Provide silk flowers (or simply cut strips of paper) in five different colors, enough to ensure every participant will have one.
- Place the flowers on the welcome table. When people arrive, ask each person to take a flower (or paper strip) in the color that is assigned to their age group. Age groups could be divided as follows:
  - Ages 0 to 6<sup>th</sup> grade (yellow flower)
  - Grades 7 to 12 (green silk fern)
  - High school graduate to 29 years old (purple flower)
  - Ages 30 to 55 (red flower)
  - Ages 56 & up (white flower)
- On each table place a quart jar or vase in which to collect the flowers.
- When participants arrive, tell them that there should be NO MORE THAN THREE of any particular flower color at any table. This method allows parents to sit with their own children if desired but requires others to join them as well.

### *Supply Table*

The event leader should place all supplies on a supply table at least 30 minutes prior to the start of the event. Ask your table hosts to arrive 15 minutes early to grab the necessary supplies for their tables. (Include lists on the supply table that clearly tell the hosts what items to take. See Reproducible page 10.)

### *Atmosphere*

Do whatever you can to make your meeting room bright and inviting.

- You may want to have communion songs or other music playing as people arrive.
- If your church uses special banners for communion, get permission to hang them in the room.
- Place a basket of assorted breads and a pitcher of juice on each table, along with napkins and paper cups.
- Get permission to visit the communion table in your sanctuary later in the event. Place a loaf and a filled chalice on the table before your session.

## ARRIVAL

As guests arrive, greet them personally and direct them to your welcome table where they can create a nametag and pick up their flower (or strip of paper). Be sure to tell them about the “three of one color” limit before they choose their seats (see “Seating” section above).

## STEP 1: GATHERING ACTIVITIES (20-25 MINUTES)

### TIP

You'll notice that we've provided three gathering activities. Feel free to use only one or two if your time is limited.

### Gathering Questions (5-10 minutes)

This is a great activity to use if people tend to arrive gradually. It's also a good icebreaker. Before the people begin to arrive, the table host should place the three copies of the Gathering Questions (reproducible page 2) on the table where people can see them. Even before everyone has arrived, people can begin with question 1 by introducing themselves. Give groups 5-10 minutes to talk together.

### Welcome and Symbol Challenge (10 minutes)

After people do the Gathering Questions, the event facilitator should say something like this:

**Welcome to our One Bread, One Cup, One People event! As you gathered around your tables, you may have met someone new. You may have heard some interesting stories about memories and about how smells can trigger those memories.**

**There are many tastes and sounds and smells and objects and symbols that help us remember something that happened, something we care about, or something that's important to remember.** Hold up a picture of a Stop sign. **What does this symbol remind us of?** Hold up a peace symbol and ask the same question.

Comment that symbols like these are all around us, and that before we get into the heart of our conversation together, we're going to take a symbol challenge.

Hold up the symbol challenge page (Reproducible page 3) and invite the table hosts to place their challenge page in the middle of the table.

**We've already talked about two of these symbols, but I'm sure you can come up with many more. Here's how the symbol challenge works:**

- **It's your challenge as a table group to come up with as many symbols as you can in 4 minutes. The table that comes up with the most is the winner.**
- **When I say "Go!" everyone at your table needs to start naming symbols. You'll need one person at your table to draw the symbols you mention in the squares on your sheet. Please label the drawings in case the drawings aren't clear. You have 10 seconds to decide who will draw the symbols for your table. (Pause 10 seconds.)**
- **OK. Are there any questions before we begin? Ready, set, GO!**

Give tables approximately 4 minutes to work on the activity. Then say **Stop!** and have tables count up the number of symbols they were able to list. Ask the whole group to applaud the table who came up with the most symbols.

### I Remember (5 minutes)

Comment to the group that so far you have talked about how certain smells and tastes and symbols help us remember things. Explain that you've also asked a few volunteers to bring items to show and talk about—items that help them remember something special.

Invite your volunteers to talk about the object they brought and what the object helps them remember. After each person shares, thank him or her and comment on how good it is to have things like these to help us remember.

## STEP 2: LISTENING TO SCRIPTURE AND WONDERING (20-25 MINUTES)

Hold up a loaf of bread and a chalice filled with juice. Invite people from the group to tell what these symbols mean.

Explain that the bread and wine are like Jesus **being with us** in a way that's too deep to explain and understand, but we can begin to understand it just a little if we talk about them as symbols.

Agree together that Jesus gave us the bread and wine to help us remember the most important thing that ever happened—his death and resurrection—and to remind us that we are one people, a people forgiven of all their sins.

Call your two Reader and Actor volunteers forward and explain that (name) is going to read a Bible passage, 1 Corinthians 11:23-25, that tells us about a special way to remember what Jesus has done for us and (name) is going to act out what Jesus did. Invite the group to watch and listen, paying close attention to the sights, smells, tastes, sounds, and touches in the passage.

After the Scripture reading, hold up the bread and juice again. Explain that Christians all over the world know these symbols. They are symbols of the love and power of Jesus. Explain that for the next 20 minutes or so, table groups will be thinking together about these symbols through the following table activities. (Table hosts should place copies of Reproducible page 4, Table Activities, on the table). Invite people to enjoy the bread and juice on their tables as they talk together, if they haven't already done so.

**1. REMEMBER** Explain that the very first thing they will do together is tell stories—stories of a time when communion meant a lot to them. (If you have a volunteer who is willing to briefly tell a story at this point, that would be great. Or do so yourself. Sometimes hearing a story will make it easier for others to tell their story.)

**2. WONDER** Then they'll spend some time "wondering" together about communion. What does it mean to be part of the body of Christ? What does it mean to be forgiven? What have they always wondered about the Lord's Supper but never dared to ask? There are some wondering questions on the tables to help with this.

**3. CREATE** You'll make symbols of the love of Jesus and deliver them to the communion table in your sanctuary at the end of this session.

Explain that to keep the groups moving you'll signal them when it's time to go on to the next section. If you feel comfortable doing so, one idea that works well is to "sing" a transition—maybe using "Eat This Bread" (include words on paper or screen or both and invite group members to join in and sing with you). If that's not comfortable for you, use a bell or a handclap. As the groups talk, move from table to table, listening to some of the discussions. If a table seems stuck, be ready to help—maybe with some memories or wondering of your own.

## STEP 3: RESPONDING (5-10 MINUTES)

After your final transition, comment that communion helps us remember what Jesus did for us. It also helps us understand that we are now all part of the same group—the body of Christ. Ask all group members to follow you through the church to the communion table that you use when you celebrate the Lord's Supper together. They should bring with them the heart chain from their table and any loaves and chalices that the children have colored. (Bring some tape and extra hearts to join the chains together.)

When you are all gathered around the table, ask your Scripture reader to read 1 Corinthians 10:16, 17; and ask your "actor" to hold up the bread and cup as they are mentioned.

### TIP

If you think some members of your group might be unfamiliar with the story of the Last Supper where Jesus first spoke these important words, you may wish to insert that story here (see Option to Step 2 at the end of this session on page 10) in place of the reading of 1 Corinthians 11:23-25. This option may take a few minutes longer, but it might be worth it!

### TIP

If some of the tables will include young children, you may want to provide copies of the bread and wine glass/chalice and some crayons and markers. The children can color the paper chalice and loaf while you are remembering and wondering. But do whatever you can to engage them in your conversation too. They have very important stories to tell!

Invite each chain holder to move toward the table. Use your tape (and additional hearts) to join the sections of the chain together and drape them from the table or hang them on a wall near the table. Invite children to place their colored loaves and chalices on the table too. As you are assembling the chain, sing “Eat This Bread” together once again.

As you are gathered here around the table, ask for volunteers to retell a story they told their table groups today—this time sharing it with the whole church family.

Then ask group members to join hands as you close with a simple prayer of thanksgiving. Invite them to join you in saying “We thank you, Jesus” after each petition.

For your amazing sacrifice that has made us clean and forgiven and free,

**We thank you, Jesus.**

For the bread and wine that help us remember your amazing love for us,

**We thank you, Jesus.**

For making us part of your body, the church,

**We thank you, Jesus**

For blessing us so that we can bless others in the world,

**We thank you, Jesus.**

Amen.

As people prepare to leave, tell them that just as Jesus blesses us, the members of his body, he wants us to bless others in the world—to be his hands and feet in our homes, our workplaces, our schools, and our neighborhoods. Give each family or household a copy of the Take It Further ideas and encourage them to use one or more of these ideas during the coming weeks. If you’ve made copies of the Home Activity pages (Reproducible pages 8 and 9), invite families with children to take one or more copies of those for their children to use at home.

Thank everyone for making your time together such a blessing!

### OPTION TO STEP 2

Since the verses from Corinthians are rather abstract for children and for those unfamiliar with the Bible, you may wish to use the Last Supper Readers’ Theater from *The Living Bible* (Reproducible page 7) in place of the first Corinthians reading.

If you do so, create large nametags for each reader. You will need a Narrator, someone to read the part of Jesus, and from two to 12 disciples. The disciples’ roles would be great for children since they only have one line each.

Make sure your props are ready too. You will need an unsliced loaf of bread and a chalice of juice.

Ask your readers to come forward where people at all the tables can see them. If you have a large room full of people, use microphones so everyone can hear.

Before the event, send a copy of the script to the people who will read the Narrator and Jesus parts. This will give them time to practice the reading. If possible, look for some good teen readers for these roles. If time permits, hold a brief rehearsal before the event begins.

# REPRODUCIBLE PAGES



# TIPS FOR TABLE HOSTS



- Arrive 15 minutes before the event so you'll have time to gather your materials and arrange your table. You'll receive a stack of papers for your table. You may want to keep that stack in front of you when seated, only placing questions or activities that are current out where the group can see them.
- Greet each person who joins your table, making all feel welcome.
- Ask each person to add his or her flower to your vase or jar. To keep the tables intergenerational, make sure you don't get more than three of any color flower at your table. You might want to ask a child to arrange the flowers.
- If young children join your table, pick up some loaf and chalice cutouts and crayons/markers from the supply table. While you'll want to do all you can to involve the children in the discussion (their stories are very important to hear!), they may need to keep their hands busy too. Tell them that the items they are coloring will be part of an offering your group will bring to the communion table later in the session.
- As soon as all or most of your table guests have arrived, focus together on the gathering questions. Go around the circle and invite each person to respond to the questions (allow those who are shy to "pass").
- Group members can help themselves to bread and juice anytime they'd like, though you may want to invite them to do so during the Table Activities.
- Keep your group on track during the Table Activities time. When the signal comes to move to the next activity, do so. Also, come prepared to offer a memory of communion and a wondering about communion of your own to get the conversation moving. Do everything you can to help children express the questions they have about communion—and to tell their stories too. You may need to ask a few questions to get them going: "Sara and Jacob, what do you wonder about when people are taking the bread and wine in church?"
- Have fun making the chain of hearts, but let the group know that it's going to be part of a thanks offering at the end of your session. And don't forget to ask someone (maybe a child) to carry the chain to the communion table (along with any colored cup and chalice drawings).
- Please remember that part of your job is cleanup! After the people have left the sanctuary, return to the meeting room to help the event leader clean up and put supplies and food away.

# GATHERING QUESTIONS



1. What is your name?
2. Tell us about one of your favorite memories.
3. What is your favorite smell in the whole world? Why? What does it remind you of?

If people need help thinking of favorite smells, here are a few favorites: fresh basil, suntan lotion, popcorn, soil/dirt, coffee beans, baby lotion, vanilla, hay!

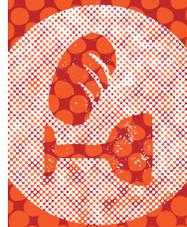
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# SYMBOL CHALLENGE



STOP



PEACE

## TABLE ACTIVITIES



“FOR I RECEIVED FROM THE LORD WHAT I ALSO PASSED ON TO YOU: THE LORD JESUS, ON THE NIGHT HE WAS BETRAYED, TOOK BREAD, AND WHEN HE HAD GIVEN THANKS, HE BROKE IT AND SAID, “THIS IS MY BODY, WHICH IS FOR YOU; DO THIS IN REMEMBRANCE OF ME.” IN THE SAME WAY, AFTER SUPPER HE TOOK THE CUP, SAYING, “THIS CUP IS THE NEW COVENANT IN MY BLOOD. DO THIS, WHENEVER YOU DRINK IT, IN REMEMBRANCE OF ME.” FOR WHENEVER YOU EAT THIS BREAD AND DRINK THIS CUP, YOU PROCLAIM THE LORD’S DEATH UNTIL HE COMES. ”

—1 CORINTHIANS 11:23-26

### 1. REMEMBER

- Tell each other stories about communion. Is there one special communion service that you remember? Why?
- If you don’t take communion yet, tell what you notice during communion services. How do they make you feel?

### 2. WONDER

- What do you wonder about during the Lord’s Supper?
- Why do you suppose Jesus gave us the bread and wine to help us remember?
- I wonder why it’s important that God’s people take communion together?
- I wonder how taking communion might change the way we live during the week?

### 3. CREATE

- Choose a heart from the stack on your table, and write your name on it. Make a chain with all the paper hearts at your table, taping closed the open ends. The hearts are a symbol that we all are one as the body of Christ.
- When this event concludes around the communion table, you’ll link your group’s heart chain with those from the other tables.

## TABLE ACTIVITIES



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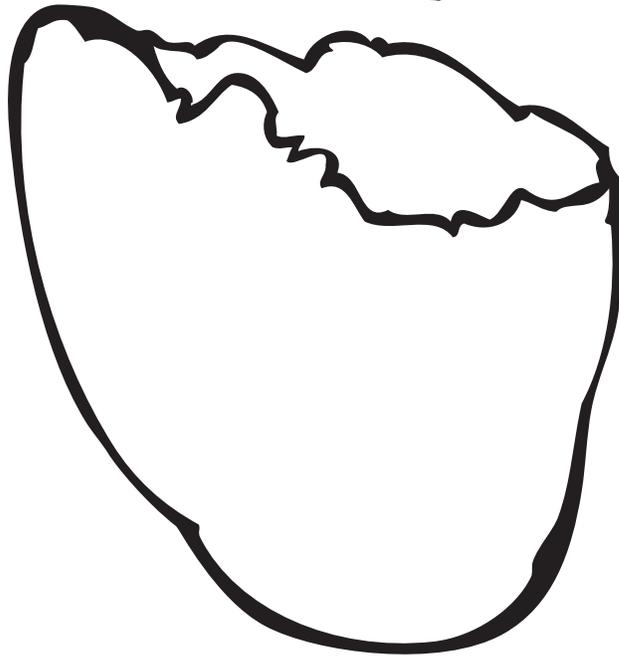
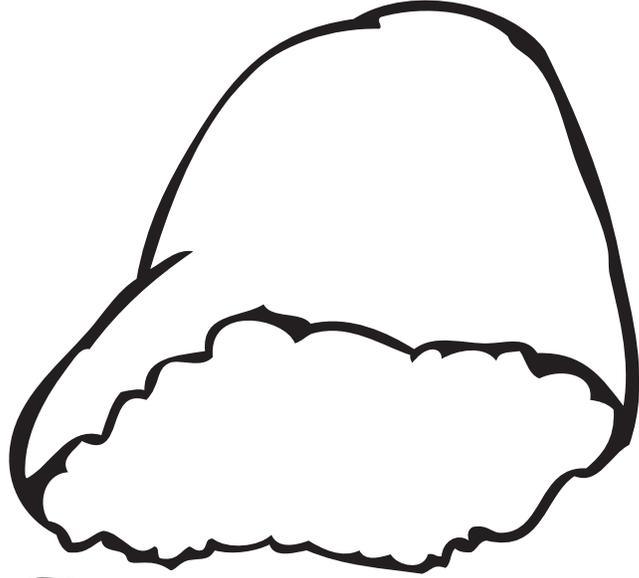
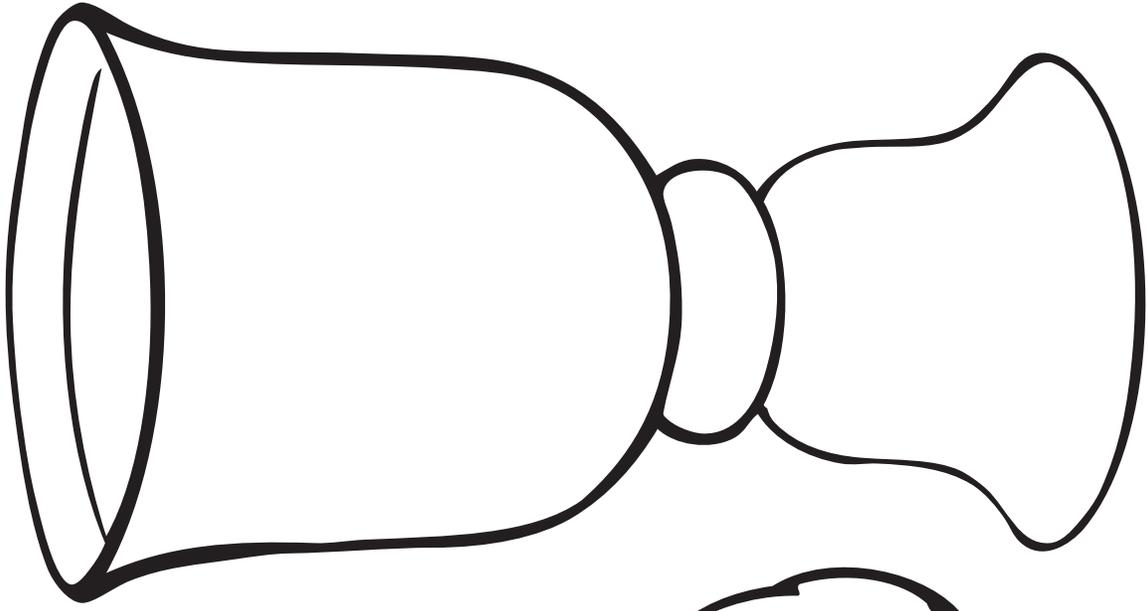
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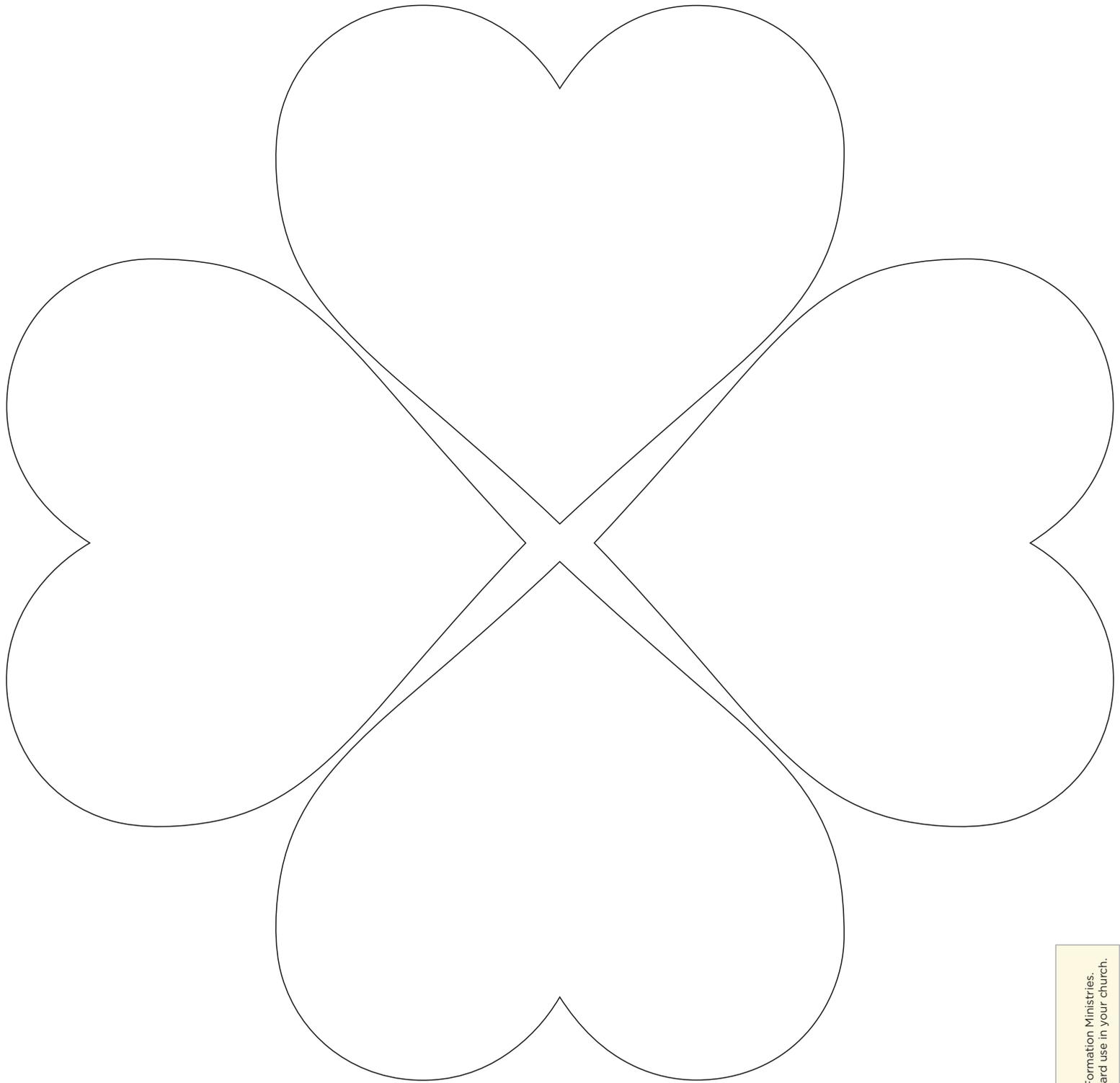
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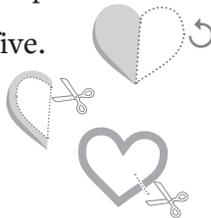
# LOAF AND CHALICE



# CONSTRUCTION PAPER HEARTS



1. Use this heart pattern to cut out hearts from construction paper. Use as many colors as you like. You will need at least one heart for every person who attends your event—and a few extras to link each group's chain to the others.
2. Fold the hearts in half in batches of four or five.
3. Cut out the center of the hearts, like this.
4. Cut a slit in the edge of each heart, like this.





## The Last Supper

From *The Living Bible*, Mark 14:12-26

**Narrator:** On the first day of the Passover, the day the lambs were sacrificed, Jesus' disciples asked him where he wanted to go to eat the traditional Passover supper. He sent two of them into Jerusalem to make the arrangements.

**Jesus** (*facing two of the disciples*): As you are walking along, you will see a man coming toward you carrying a pot of water. Follow him. At the house he enters, tell the man in charge, "Our Master sent us to see the room you have ready for us, where we will eat the Passover supper this evening!" He will take you upstairs to a large room all set up. Prepare our supper there.

**Narrator:** So the two disciples went on ahead into the city and found everything as Jesus had said and prepared the Passover. In the evening Jesus arrived with the other disciples, and as they were sitting around the table eating, Jesus said,

**Jesus:** I solemnly declare that one of you will betray me, one of you who is here eating with me.

**Narrator:** A great sadness swept over them, and one by one they asked him,

**Disciples** (*one by one*): Am I the one?

**Jesus:** It is one of you twelve eating with me now. I must die, as the prophets declared long ago; but, oh, the misery ahead for the man by whom I am betrayed. Oh, that he had never been born!

**Narrator** (*As Narrator is speaking, Jesus should take the loaf and break it into pieces*): As they were eating, Jesus took bread and asked God's blessing on it and broke it in pieces and gave it to them and said,

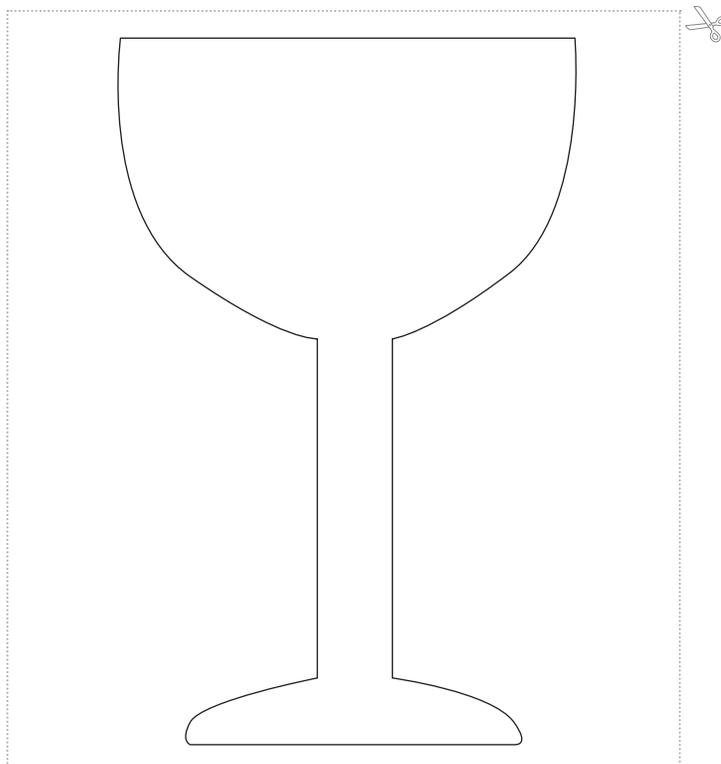
**Jesus** (*handing pieces of bread to the disciples*): Eat it—this is my body.

**Narrator** (*As Narrator is speaking, Jesus should hold up the chalice and pass it to the disciples*): Then he took a cup of wine and gave thanks to God for it and gave it to them; and they all drank from it. And he said to them,

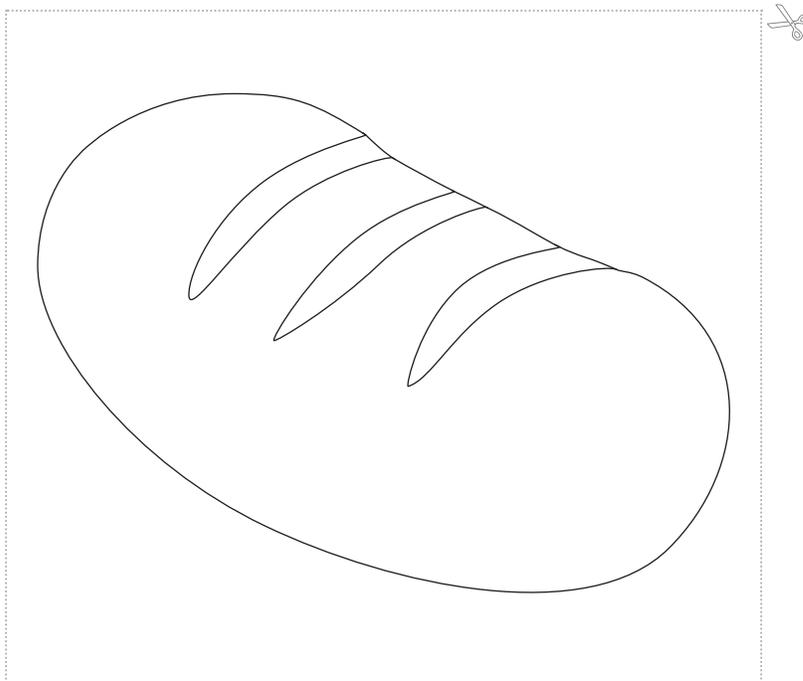
**Jesus:** This is my blood, poured out for many, sealing the new agreement between God and people.

**Narrator:** Then they sang a hymn and went out to the Mount of Olives.

# HOME ACTIVITY PART 1



Color this shape. Then cut around the dotted lines and tape it like a “flap” over the words “Remember Jesus when you drink this cup.”



Color this shape. Then cut around the dotted lines and tape it like a “flap” over the words “Remember Jesus when you eat this bread.”



# CHRIST HAS DIED. CHRIST HAS RISEN.

REMEMBER JESUS

WHEN YOU DRINK THIS CUP.

REMEMBER JESUS

WHEN YOU EAT THIS BREAD.

# CHRIST WILL COME AGAIN.

## CHECKLIST FOR TABLE HOSTS



Please take the following supplies to set up your table.

- Reproducible Page 2, Gathering Questions (3 copies)
- Reproducible Page 3, Symbol Challenge (1 copy)
- Reproducible Page 4, Table Activities (3 copies)
- Loaf and chalice coloring pictures (1 for each child at your table)
- Construction paper hearts (1 for each person at your table)
- Pens or pencils (1 for each person at your table)
- Tape (1 roll)
- Crayons and markers (enough for the children in your group)

**Note:** If you don't know how many children might sit at your table, you can always make an adjustment in your supplies after people are seated.

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## TAKE IT FURTHER



You've been reminded today what Jesus did for you.

You've been reminded that the bread and wine are symbols of God's great love.

Just as you have been blessed, look for ways during the coming weeks to be a blessing to others in your church and neighborhood. Look for ways to be the hands and feet of Jesus in the world. Here are a few ideas:

- Make a card for someone who is hurting, sick, or sad. Either send it to them or deliver it with a plate of cookies.
- Volunteer at a food bank, a clothing center, or another mission/outreach service that could use your time and hands.
- Offer your services or the services of your families to elderly people in your church congregation or neighborhood who may need help with yard work, home repairs, or car repairs.
- Get to know people in your church neighborhood who are not part of your church family.
- Dream up other ideas with members of your household! Each time you come to the Lord's table, be reminded of what we are called to be in the world.

Continue to talk and wonder about the table of the Lord together as a household or family. Each time you take part in the sacrament, talk about what it means to you—tell your stories!

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