



Soul Food
Sunday

NEIGHBOURHOOD
BREAKFAST & PRAYER

Sunday February 5, 2023
10 am

The Threshold of Spring
with Saint Brigid of Kildare

You are invited to participate in the preparation of the gathering, by setting the tables or making coffee and tea.

If you would like prayer for yourself, a friend or place, please write your request clearly and place it in the basket on the table.

Gathering

We welcome all to our breakfast feast.

We acknowledge the mystery of God's presence with us by lighting candles. After singing, we offer thanks for the food, and we eat.

You are invited into conversation at the table.



Hearing the Story

The sound of a singing bowl invites us to hear a holy story and to share some of our own.

Conversation Prompts

- Discuss the experience of moving from winter to spring.
- You are invited to share experiences of standing at the crossroads or of a threshold moment.

Prayer

(We pray together - bold print invites us to pray in unison.)

Maker and Lover of all,

**In the mystery of your kindness
You have connected us to each other,
And called us to serve the earth
and its people.**

So, hear us as we pray for...

Prayer requests from the basket are offered.

We offer you this prayer,

**Forgive in us what has gone wrong,
Repair in us what is wasted,
Reveal in us what is good,
Amen.**

Communion

*As the table is prepared, take a moment to reflect
while music is played.*

Following the Story of the Table, we pray in these words:

**Heavenly Father, heavenly Mother,
holy and blessed is your true name.
We pray for your reign of peace to come,
we pray that your good will be done,
let heaven and earth become one.
Give us this day the bread we need,
give it to those who have none.
Let forgiveness flow like a river between us,
from each one to each one.
Lead us to holy innocence
beyond the evil of our days –
come swiftly Mother, Father come.
For yours is the power and the glory and the mercy:
forever your name is All in One. Amen**

(Lord's Prayer paraphrased by Dr. Parker J. Palmer)

We share the bread with each other, saying:
"The Body of Christ - Food for the Journey"



On the Way

Thank you for your presence at the table.
Be blessed as you go into the week.