



Soul Food
Sunday

NEIGHBOURHOOD
BREAKFAST & PRAYER

First Sunday of the Month
10 am

ALL ARE WELCOME

***Feast of Hilary of Arles
Compassion & Extravagant Love
May 5, 2024, 10 am***

St. Catherine's Mission, Vision and Values

St. Catherine's Anglican Church, near the heart of Edgemont Village in North Vancouver on the ancestral lands of the Coast Salish peoples, including the Skwxwú7mesh (Squamish) and səlililwətaʔ (Tsleil-Waututh) Nations, is a contemporary community of Christian seekers.

We welcome you to join us in the journey. We provide a place of spiritual growth through Christ and we respond with gratitude for God's abundance in our lives through service to our brothers and sisters in the world.

Our **Vision** is to:

- Be an inclusive and thriving community of faith for all generations
- Continually invite others to join us in our journey of faith and Christian discipleship
- Honour the strengthening of relationships and development of community, both within our walls and outside them
- Minister to those in need in Christ's name

Our Values:

St Catherine's is a community that aspires to be:

Welcoming, Inclusive, Curious, Creative,
Sustainable, Caring and Humble



*We invite you to help yourself to coffee.
We welcome your hunger. First, we will have a
time of gathering and grace then, we will eat.*

GATHERING

Stand as you are able.

One: Since the first century, followers of Christ
gather around tables for worship.

All: Eating together in love is an act of worship.

One: Jesus asked his followers to remember him
by eating together.

All: Eating together in love brings glory to God.

One: Communing, we share stories of faith.

All: Eating together in love makes God visible.

In silence the Christ candle is lit.

Sung Grace

Oh, at this table, Lord, all are welcome
Bless this food, as a sign that we are not alone.

Oh, Christ is with us, now, at this Love Feast
Bless this food, as a sign that we are not alone.

Feasting Time

*Thank you to everyone who contributed food for our feast.
Please help yourself to food from both sides of the table.*

Prayer Station

*If you would like prayer for yourself, a friend or place,
please write your request clearly and place it in the basket at
the votive prayer station.*

HEARING THE STORY

We come together to hear a holy story and to share some stories of our own. Continue to eat as you listen.

Please do not clear the dishes from the tables, we will do this together at the end of the gathering.



Table Conversations

Today we celebrate St. Hilary of Arles a young 5th Century Bishop whose enthusiasm sometimes led to conflicts.

Even though it sometimes got him into trouble, Hilary of Arles tried always to act out of compassion. Who in your life is in need of compassion? Where do you need or receive compassion?

St. Hilary made extravagant gestures of love, selling church property to free captives, walking barefoot on the earth. Have you ever made or witnessed an extravagant gesture? How did that turn out?

PRAYER

One: Maker and Lover of all,

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

One: So, hear us as we pray for...

Prayer requests from the basket are offered.

One: We offer you this prayer,

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



COMMUNION

We maintain quiet while the music plays.

*All are welcome to form a circle in the inner horseshoe,
seated or standing.*

*We surround a table of friendship; known in churches as
"the altar" or "the communion table".*

The Story of the Table

We tell the story of faith, and give thanks to God known to us as Creator, Christ, and Spirit.

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 pass the plate to the person on our left,
allowing them to take a piece of bread.*

We share the bread, saying:

"The Body of Christ, Food for the Journey"

*We invite you to receive wine from a common cup
in the centre of the circle.*

You will hear the words:

"The Cup of Salvation"

After Communion: Sung Blessing

Love take a walk with me
Oh Spirit guide my feet.

ON THE WAY

Community Announcements:

May 7, 2024, 7 p.m. The Milleraires Big Band is having a benefit concert for the Learning Centre for Children with Dyslexia at Saint Catherine's. Tickets are \$20 for adults, and \$15 for seniors and can be purchased in advance from Tony Dodd or at the door. Contact Tony at 604 985 7057.

May 8, 2024, 2 p.m. Emergency Food Program at Saint Catherine's. Emergency grocery bags, coffee, and pastries will be offered to our neighbours in need. Everyone is welcome. This project is in partnership with Harvest Project.

Pentecost Languages. If you speak a language in addition to English) and will be in church on May 19, please send Rev. Laurel and email at stcathLaurel@shaw.ca with "Pentecost Languages" in the subject line.

The community are invited to clean up together.



***We thank you
for your presence
at the table.***

WHAT IS SOUL FOOD SUNDAY?

On the first Sunday of the month at Saint Catherine's, we gather for a breakfast meal known as Soul Food Sunday. We do not focus on worship and then eat together later, rather we understand the meal is an act of worship. Communing with each other, we share our faith stories around a breakfast feast.

People of faith have been gathering around tables and eating together as part of their worship for centuries. It defines us. Jesus asked his followers to remember him by eating together. In Christianity, records of the early church suggest that they primarily met for worship at mealtime. This became the sacred eucharistic act of breaking bread and drinking wine, reminding us of Christ's love and imparting the mystery of grace.

Soul Food Sunday Dates 2024

June 2nd