



new life fellowship

# A Meal of Rememberance

A GUIDE FOR HOLY WEEK



## INSTRUCTION

Consider gathering with your family, a group of friends, your small group, and/or someone you've identified as your PIC3 for a simple meal to connect and commemorate the last meal Jesus shared with his disciples before his crucifixion and resurrection. Follow this step-by-step guide for ideas and instructions.

**WHO?** Decide who you would like to gather for the meal, keeping in mind that this could be an opportunity to invite a neighbor, coworker, or friend who does not follow Jesus and may be curious about the Christian faith.

**WHAT?** When you extend invitations, you can say something like:

*"Would you like to join me for a Meal of Remembrance? During the week before Easter, Christians read, reflect, and gather around the different events leading up to Jesus' death on the cross. One of those events was a special meal with his closest friends and followers. We want to gather to have a meal, connect, and read the story together."*

For your meal, consider inviting everyone to pitch in for take-out, hosting a potluck where everyone contributes, or cooking a simple meal like pasta, soup, or rice and beans to share.

**WHEN?** Traditionally, the Last Supper is remembered on the Thursday before Easter. Ideally, you would hold your meal on Thursday, April 2nd, but feel free to schedule it on a different day that week if needed.

**WHERE?** Gathering in a home would be the ideal setting to host the meal.

**WHY?** Jesus modeled hospitality, service, and the importance of gathering around tables. The Meal of Remembrance is a practical way for you to lovingly serve others as well as remember the model and message of Jesus together in community.

**HOW?** Below you will find a sample agenda for how to structure your time.



## SAMPLE AGENDA

- 1) **Welcome guests** and spend time hanging out casually.
- 2) When it is time for the meal, **light a candle** as a symbol of God's light and presence with you, and start with an opening prayer:

*God, Creator of Welcoming Tables,*

*Join us here. We light this candle in honor of your presence.*

*Thank you for the presence of each person gathered here.*

*For food in a world where many walk in hunger;  
For faith in a world where many walk in fear;  
For friends in a world where many walk alone;  
We give you thanks, O Lord.*

*Amen.*

- 3) **Optional dinner question:**  
What is the best meal you have ever had, and who did you share it with?
- 4) **Enjoy the meal.**
- 5) **After eating, share:**  
Tonight, we gather to remember the sacred meal Jesus shared with his closest friends before his arrest, crucifixion, and resurrection. Let's read the story and discuss what that meal must have felt like for Jesus and his disciples.
- 6) **Read Mark 14:12-26.**  
Additionally, consider reading the story from [The Book of Belonging](#) (pp. 237-239) or [watching the recorded video](#).



## SAMPLE AGENDA (CONT.)

### 7) Questions for Discussion:

“What stands out to you about the story?”

“What do you think Jesus wanted to express to his disciples that night as they gathered in the upstairs room?”

“What feelings stir in you as you imagine what the disciples were hearing, seeing, and experiencing? What thoughts, feelings, and questions do you think the disciples were having?”

### 8) Close with the following poem:

#### **And the Table Will Be Wide**

*And the table  
will be wide.  
And the welcome  
will be wide.  
And the arms  
will open wide  
to gather us in.  
And our hearts  
will open wide  
to receive.*

*And we will come  
as children who trust  
there is enough.  
And we will come  
unhindered and free.*

*And our aching  
will be met  
with bread.*

*(continued on next page)*



Source: <https://paintedprayerbook.com/2012/09/30/and-the-table-will-be-wide/>



## SAMPLE AGENDA (CONT.)

*And our sorrow  
will be met  
with wine.*

*And we will taste  
and know  
of delight.*

*And we will  
open our hands  
to the feast  
without shame.  
And we will turn  
toward each other  
without fear.  
And we will give up  
our appetite  
for despair.*

*And we will become bread  
for a hungry world.  
And we will become drink  
for those who thirst.  
And the blessed  
will become the blessing.  
And everywhere  
will be the feast.*

*- Jan Richardson*

## OPTIONAL: TAKE COMMUNION TOGETHER.

If all gathered are followers of Jesus and comfortable, you can close with communion. Here is a sample format:

- ▶ One person, the cupbearer, will hold the cup of juice/wine and the plate of bread.
- ▶ The person to their right will tear a small piece of bread, and as they do, the cupbearer will say:  
*"The body of Christ, given for you."*
- ▶ Then they will dip the bread into the cup of wine and eat it. As they dip into the wine, the cupbearer will say:  
*"The blood of Christ, shed for you."*
- ▶ Pass the cup to the person who just took communion, and they become the cupbearer for the next person. Continue in a circle until all members have taken communion.

## **NOTES**



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