

“Companions on the journey.....”

Invite people you know or don't know, to share a meal together. Let us get to know one another as disciples of the Lord around a meal. Let us pray for the entire community as we do so. We pray that we be able to share our love and our faith in this setting.

The following is only a suggestion for prayer before the meal.

1. Let us first of all acknowledge Jesus' presence amongst us.
We remember that Jesus said, “Where two or three gather in my name I am in their midst.”
2. Now let us thank God for a specific person or event or thing that we encountered over the past week. You may share that in a prayer with the group or you may simply make a silent prayer of thanks.
3. Let us listen now to the word of God from next Sunday's Mass.
You may choose the gospel or any other reading you prefer.
4. We now pray for a moment in silence reflecting on the reading.
5. There now may be a brief sharing of your reflections.
6. The Lord's prayer.
7. Grace before meals (see some examples opposite or make up your own).
8. Have a wonderful meal!
9. Please let the Parish Council know if there are ideas you might wish to pursue together, or suggestions for us as a Parish.

Our title “Companion” from its Latin origins, has a meaning to share bread. For the Christian the hospitality showed by Jesus at table is a model for our living and our Eucharist.
Latin: *com-* + *panis* bread, food.

PRAYERS FOR HOME MEAL GATHERINGS

Some examples of grace before meals:

Lord Christ,
we ask you to spread our table with your mercy.
And may you bless with your gentle hands the good things you have given us.
We know that whatever we have comes from your lavish heart,
for all that is good comes from you.
Thus whatever we eat, we should give thanks to you.
And having received from your hands, let us give with equally generous hands to those who are poor, breaking bread and sharing our bread with them.
For you have told us that whatever we give to the poor we give to you. Amen.
- Alcuin of York.

Blessed are you, Lord, God of all creation, for you feed the whole world with your goodness, with grace, with loving kindness and tender mercy.
You give food to all creatures, and your loving kindness endures forever.
Because of your great goodness food has never failed us; O may it not fail us forever and ever for the sake of your great name.
You nourish and sustain all creatures and do good to all.
Blessed are you, O Lord, for you give food to all.
- Jewish meal prayer.

Blessed are you, Lord, God of all creation. Through your goodness we have this bread, which earth has given and human hands have made.
Blessed be God for ever.
Blessed are you, Lord, God of all creation. Through your goodness we have this wine, fruit of the vine and work of human hands.
Blessed be God for ever.
- adapted from Rite of Mass.

Prayer during Lent

Behold! Now is the acceptable time.

Now is the day of salvation.

I was hungry and you gave me food.

I was thirsty and you gave me drink.

I was a stranger and you welcomed me.

I was naked and you clothed me.

I was ill and you cared for me.

I was in jail and you visited me.

Lord Jesus Christ, may our lenten fasting turn us toward our brothers and sisters who are in need.

Bless us all in the sharing of your gifts. Send us through Lent with good cheer, and bring us at last to the all-embracing joy of Easter.

Amen.

After the meal:

Not on bread alone are we to live. But on every word that comes from the mouth of God.

Prayer during Easter Season

We have put on Christ, alleluia!

In Christ we have been baptised, alleluia!

This is the day the Lord has made.

Let us rejoice and be glad in it.

Joyfully do we praise you, Lord Jesus Christ, risen from the grave.

Remain here in our midst as we share these gifts.

May we receive you as a guest in all our brothers and sisters and be welcomed by you to share the feast of your Spirit, for you live and reign for ever and ever.

Amen. Alleluia!

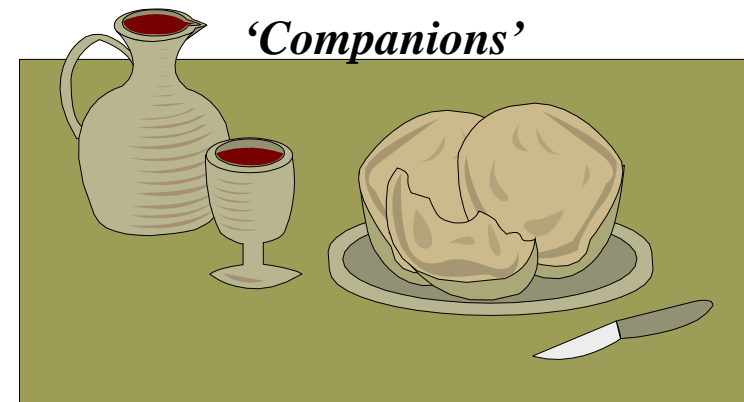
After the meal:

Lord, send out your Spirit.

And renew the face of the earth. Alleluia!

ST JOSEPH'S CHURCH NAMBOUR

A community of the Lord's disciples



“For where two or three are gathered in my name,
I am there among them.”

Matthew 18:20.

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