

An Agape Meal

Today is the first Sunday of the month, a Sunday when we usually share The Sacrament of Holy Communion, (often called “The Last Supper”) together.

Since that’s not possible, we might share another kind of “meal.”

An Agape (pronounced “agap-eh”) Meal, was an early Christian “Love Feast.” A meal provided by the church for fellowship with the poor and the widows in the community. This custom began in the earliest days of the Church (Acts 14: 12-14.)

While Jesus had authority over the first “Last Supper,” the Love Feast was offered to the less fortunate of the community by the Christian church. Maybe it began with The Last Supper in mind; a meal offered, and a meal received. (Theologians have differing opinions) It’s similar to the many times Jesus shared supper in a home, or on the beach, and fed thousands with five loaves and two fish.

There are countless “Love Feasts” being offered to the hungry and the poor all over the world.

The Downtown Eastside comes to mind right away, but there are so many feasts all over the lower mainland. “Soup Kitchens,” they are still sometimes called. It’s different from a Food Bank because a meal is prepared and offered, inviting people to sit down and share it with one another. ...in love.

An Agape Feast might include soup, breads, figs, vegetable sticks, nuts, cheese, fresh fruit, crackers & dip, fruit juice. It’s appropriate to have a fancy tablecloth and to arrange the food as you would for very special guests. Praise, prayer, & singing are always a part of this long-lasting feast.

Grace: **Generous God, we praise you for friendship and family.**

Thank you for bringing us together today to share this meal.

Help us use this time to become closer with one another, and to love each other more. Bless our appetites, both physical and spiritual, and to honour you in all we do.

In Jesus’ name, Amen.

Good morning,you are reading this on Sunday morning, right?

Another week...have patience they say. For some people this whole situation is frustrating and tiresome. But for others, things are getting desperate. Their groceries are running out, their money's running out. It's no longer possible to do their job from home because they no longer have a job. Those of us with resources are sharing with others as God commands.

I'm trying not to write about Covid-19, but since it's affecting the whole world, how can I not? I was reading online people's feelings and reactions to the virus. There were some light-hearted comments about standing on a 'tape-line' everywhere we go. But one comment made me reflect. A woman wrote that she had stopped saying 'good-bye, see you later,' without even realizing it. Instead, she found herself saying, "Stay safe, Stay home, Stay well, Wash your hands, or Take care of yourself." Me too.

... Random Thinking

*I was laughing to myself when I included another "recipe" in the bulletin. Maybe I should write a cook-book, but then, I don't cook.

*When you come back to church you'll have to remember where you used to sit - maybe you should try a new place...oh no..

*If you could please let me know if someone needs our prayers? We will add them to our weekly prayer list.

*How's your new hair-do coming?

*Jesus said, "...where two or more are gathered..." What would he be teaching us today? ..his ministry involved all of the senses, but on Easter morning he did say to Mary, "Do not hold on to me, because I have not yet ascended to the Father."

....do not hold on to mejust my teachings...

Thought for the Day *"There are moments in history when people of faith must ask what their faith instructs them to do."* Anne Nelson

Blessings.

Good-bye,

God Be With You,

Brenda