



Soul Food Sunday

NEIGHBOURHOOD
BREAKFAST & PRAYER

First Sunday of the Month
10 am

ALL ARE WELCOME

Advent Feast Day
December 1st, 2024

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 Sk̓wx̓wú7mesh (Squamish) and səliilíwətaɣ̓ (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

Bless this food and bless your people.
God be with us. Amen

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

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

**Please do not clear the dishes from the tables, simply
pile them up out of the way. We will clean up
together at the end of the gathering.**



*As we begin Advent, we will create and reflect on the Advent
Wreaths with readings, sharing and action.*

Circle – Blessing the Round

“Touch the circle as we offer something, releasing it to God,
and pray to receive something”

Water – In Praise of Water

“Listen to the water flow, pray for courage, refreshment and
humility”

Greenery – Mary, the Greenest Branch

“Pray for places in our world that need greening, newness of
life”

Candles – I will Light Candles

“Share with each other who and what you will light candles
for this Advent season”

As a group decide, who you will give your wreath to?

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

More than we can ask, more than we can ask,
More than we can ask or imagine.

Hear oh hear our prayer...

ON THE WAY

Community Announcements:

December 8th, Sunday, 10 am

Advent 2: We Ring In Love with the Bells
at Saint Catherine's Anglican Church

December 11th, Wednesday, 6pm

St. Catherine's Preschool Christmas Service
at Saint Catherine's Anglican Church

December 13th, Friday, 7 pm Saint Catherine's @ AMICA
Carolling and Christmas Service. You are invited to join
Bonnie and her AMICA group for the monthly 'Food for the
Soul' event on Friday, December 13th at 7:00 PM. The
evening will feature traditional Christmas readings, caroling,
and a performance by the talented pianist Kaz Shinya. The
event will take place in the Theatre downstairs at AMICA -
Edgemont Village, offering a wonderful opportunity to share
in the joy of Christmas. Contact [Bonnie Grundy](#) for more
information or to join.

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 Date 2025

February 2nd, 2025 (Early Signs of Spring with Saint Brigid)

March 9th, 2025 (Our Lenten Feast)

May 4th, 2025 (An Easter Feast)