



Soul Food Sunday

NEIGHBOURHOOD
BREAKFAST & PRAYER

First Sunday of the Month
10 am

ALL ARE WELCOME

Lent Feast Day
March 9th, 2025

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 səliilwətaɣ̓ (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 our Lenten Journey, we consider our
experiences of beginning again.*

**Persistent Mother, release us from the shame, fear,
and disappointment that so often accompany the
task of beginning again.**

**Tune our hearts to the joy you experience welcoming
us in each moment. When we feel heavy with the
grief and tenderness of starting fresh, hold us in your
embrace and dance us into a community of curious
beginners.**

O Pilgrim God, renew us on our journey.

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:

NEXT WEEK: TRADITIONAL SERVICE FOR LENT
With the Rev. Angus Stuart.

REMINDER: LENTEN STUDY BEGINS NEXT WEEK

Letters to the Seven Churches (Revelation)

*All are invited to participate in a LENTEN STUDY following
the Church Service on 4 Sundays:*

March 16 – April 6

(Come to one, any or all the sessions please register)

Bring your own bagged lunch.

Please register at scadmin@shaw.ca by March 14, 2025

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.

