

# An Emmaus Communion Meal

by Betty Saunders

*Participants place on the table their contributions to the shared meal and then gather at the table. It would be good to include some item of preserved fish as that would have been a common item in the meals shared by Jesus. There is a jug of wine or juice and a loaf that can be split.*

## **Song:**

**Leader:** We give thanks that we live in a world that is full of beauty and that there are resources for everyone to share, food for sustenance, shelter and clothing for comfort and the skills of those who have learned how to bring healing and care for the sick and vulnerable.

We know that we are privileged people in an unjust world where resources are not shared by all who need them. We remember that Jesus came to proclaim and inaugurate a different kind of society that he called the Kingdom of God and that the proclamation cost him his life.

As his followers, may our shared meal be a sign of our commitment to participate in the work that he came to inaugurate and a foretaste of the new communion of love and justice for all people.

As we turn to our reading, we remember that in Jesus' time Israel was an occupied country, the ordinary people reduced to poverty under the Roman Empire and their culture despised. Many had emigrated to make a living.

**Reader:** Luke 24, 13-24

**Leader:** We, like those disciples bring to our gathering not only our thanksgiving but also our sadness, our failures and our disappointments. We share our sadness for the world in which we live, (*mentioning situations about which we are concerned.*)

In silence we think of the people in these situations and lovingly identify with them.

In silence we acknowledge our share in responsibility for the way things are and offer ourselves to do what we can to bring about a more just and loving society, to care for those within our reach and to look after the natural world on which we all depend.

*At the ending of the silence*

**Leader:** Blessed are those who mourn

**All:** **For they shall be comforted. Amen**

**Reader :** Luke 24, 25-27

**Leader:** Jesus reminded them of the story of their people and their faith that the world did not belong to those who oppressed them but to a God who had created it. All their prophets had taught them that their God was a God of justice but experience had taught them that justice could not be achieved by military might. They had to learn that God's justice would be for the Gentiles as well as the Jews and the hard lesson that the road to justice and peace would be through suffering.

**Reader:** Luke 24, 28-32

**Leader:** Then they remembered that on the night when he was betrayed Jesus had taken bread and wine given thanks, and said that the bread was a symbol of his body and the wine a symbol of his blood.

We now break this bread and as we share it we are incorporated into his body here on earth.

**All :** **Though we are many we are one body because we all share in one bread.**

*The leader breaks the bread and passes it around the table for people to help themselves. All take a small portion of bread to eat and reserve the rest for the main part of the meal.*

**Leader:** We drink this wine to receive an infusion of His spirit.

**All:** **With the apostle Paul we say "It is no longer we who live but Christ who lives in us."**

*The wine is passed round for all to share and everyone takes a sip.*

**Leader:** When Jesus came into the world he gave power to all who received him to become children of God, born not of blood, nor of the will of the flesh nor of the will of man but of God. He became human so that we may become divine by receiving from him an infusion of his Spirit to enable us to become people with a love more like his.

**All:** **Holy Spirit of love,  
may your boldness give us courage  
may your gentleness guide us,**

**may your gifts equip us  
to live in your way to our lives' end.**

*Those present then enjoy the shared meal, eating the bread and drinking the wine within the meal. The meal could end with singing or with the sharing of the Peace together. The following suggestion comes from the Methodist Worship Book, page 177\**

**Leader:** We are the Body of Christ

**All:** **In the one Spirit**  
**we were all baptised into one body.**  
**let us therefore keep the unity of the Spirit**  
**in the bond of peace.**

**Leader:** The peace of the Lord be always with you

**All:** **And also with you.**

*Those present pass the peace around the table.*

**Song:**

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