



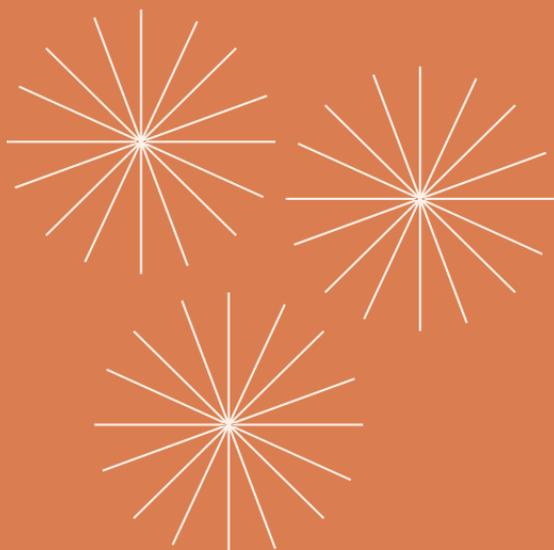
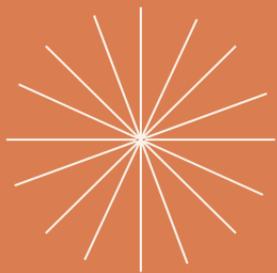
TABLE OBSERVANCES

For Gatherings



Blessings for each day of
THE WEEK

Week 1	3
Week 2	7
Week 3	11
Week 4	15
Week 5	19
Weet 6	23



WEEK ONE

Evening Format

1 Table Prayers Before Eating

Once everyone has gathered, interacted and is seated around the table, one of the hosts should begin the prayer on page 4. Each guest should read a paragraph of the prayer until the prayer has concluded by passing it around the table from person to person.



2 Interactive Questions

Guests & Hosts pair up in groups of two and answer the questions for this week.

Questions for Week One:

1. What was your first impression of me?
2. What is something you wouldn't want to change about yourself?

3 Prayer for One Another

As one group, everyone mentions an area that need prayer for. Everyone takes turns praying for one another's needs.

4 Closing Blessing

Before everyone gets up from the table, pronounces the blessing on page 5.

Week 1

TABLE PRAYER

O God and Father of All,

We are gathered at this table in grateful fellowship to share the blessing of this meal at the christening of this new week of togetherness.

We lift to you here our hearts and prayers.

For grace and provision in the coming week, we look to you.

For the life giving gifts of your word and your truth, we are thankful.

For the joys of life shared with family and friends, we praise you.

For the grace to live in grateful humility,
we look to you.

For the many small blessings and beauties that surround us, we are thankful.

For the displays of your majesty and power in our world, we praise you.

For the promise of your constant presence, giving hope and comfort and strength and joy in the various moments and labors of the week to come, we bless your holy name.

May the rhythms of our petitions and thanksgivings become, in time, like the steady drumbeat in a long and unending song of your faithfulness, O God.

AMEN.

AS WE SHARE THIS MEAL, WE SHARE ALOUD OUR HOPES, OUR PLANS,
OUR CONCERNS AND OUR PRAYERS FOR THE WEEK TO COME.

Week 1

Parting Blessing

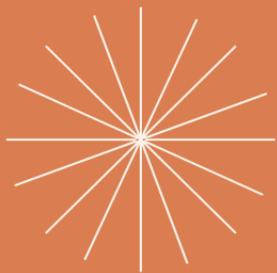
May we be blessed with good friends,
and learn to be a good friend ourselves,
Journeying to that place in our soul where there is love,
warmth and feeling.

May this change us.

May it transfigure what is negative, distant, or cold within our
hearts.

May we be brought into real passion, kindness and belonging.
May we treasure our friends.
May we be good to them, be there for them,
and receive all the challenges, truth and light we need.

May we never be isolated,
but know the embrace of true, lasting friendship



WEEK TWO

Evening Format

1 Table Prayers Before Eating

Once everyone has gathered, interacted and is seated around the table, one of the hosts should begin the prayer on page 8. Each guest should read a paragraph of the prayer until the prayer has concluded by passing it around the table from person to person.



2 Interactive Questions

Guests & Hosts pair up in groups of two and answer the questions for this week.

Questions for Week Two:

1. What do my shoes tell you about me?
2. Do you think the image you have of yourself matches the image people see you as?

3 Prayer for One Another

As one group, everyone mentions an area that need prayer for. Everyone takes turns praying for one another's needs.

4 Closing Blessing

Before everyone gets up from the table, pronounces the blessing on page 9.

Week 2

TABLE PRAYER

O God our rock,
We thank you that you did not leave us rudderless and tossed by
storms in this life,

but have graciously given us,
in your word, and in the witness of the life and words of your son, a true
mooring for our own lives, a true anchor for our souls.

Your words are life to us,
Lord Christ.

Even as we hunger for the tastes and textures and aromas of
this meal now graciously spread before us, we pray you would also
daily increase our deep hunger for:

your words and your truth,
that our own words and choices and actions
this week would be shaped by your gracious revelation.
Feed us, O Bread of Life.

AMEN.

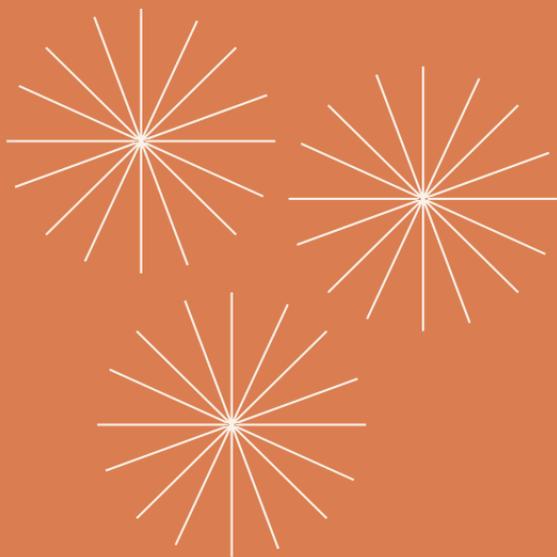
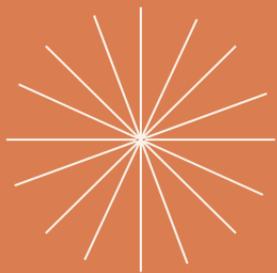
AS WE SHARE THIS MEAL, WE SPEAK OF THE TRUTHS WE ARE LEARNING,
AND QUESTIONS WE ARE CONSIDERING.

Week 2

Parting Blessing

Finally, brothers and sisters, rejoice!
Strive for full restoration,
encourage one another,
be of one mind,
live in peace.
And the God of love and peace will be with you.

May the Lord bless you and keep you;
the Lord make his face shine on you
and be gracious to you;
the Lord turn his face toward you
and give you peace.



WEEK THREE

Evening Format

1 Table Prayers Before Eating

Once everyone has gathered, interacted and is seated around the table, one of the hosts should begin the prayer on page 12. Each guest should read a paragraph of the prayer until the prayer has concluded by passing it around the table from person to person.



2 Interactive Questions

Guests & Hosts pair up in groups of two and answer the questions for this week.

Questions for Week Three:

1. What about me intrigues you?
2. What would make you feel closer to me?

3 Prayer for One Another

As one group, everyone mentions an area that need prayer for. Everyone takes turns praying for one another's needs.

4 Closing Blessing

Before everyone gets up from the table, pronounces the blessing on page 13.

Week 3

TABLE PRAYER

Christ our closest companion,
For the consolations of friendship and fellowship,
for the blessings of family and of the family of God,
for the assurance that we do not walk this week's road alone,
but are gathered into community,
making good pilgrimage together through this life and towards the
eternal city, we thank you.

For the assurance that you go before us and also walk beside us,
Lord Christ, we thank you all the more.

For your tender care displayed in the food and friends now before us,
we offer you our praise.

How blessed we are to be called your children.
How blessed to be adopted into your family.

Blessed be your name, O God, Father, Son, and Holy Spirit.

AMEN.

WE SHARE THIS MEAL AS PILGRIMS PAUSING IN THEIR TRAVELS TO TELL
ONE ANOTHER TALES OF THEIR RECENT JOURNEYS OF LIFE.

Week 3

Parting Blessing

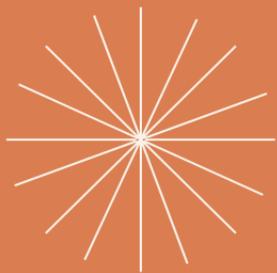
May the joy of friendship follow you into the night.

May your head find rest on the pillow of remembrance of all that has loved you fiercely today.

May memories of tenderness call forth your belonging to a world that embraces all of you.

May your spirit, nurtured by the care of being loved by others, receive it as the love of God for all that you are.

May your embodied spirit be ever at home in that which creator God has so wonderfully made.



WEEK FOUR

Evening Format

1 Table Prayers Before Eating

Once everyone has gathered, interacted and is seated around the table, one of the hosts should begin the prayer on page 16. Each guest should read a paragraph of the prayer until the prayer has concluded by passing it around the table from person to person.



2 Interactive Questions

Guests & Hosts pair up in groups of two and answer the questions for this week.

Questions for Week Four:

1. Do I seem like a morning person or night owl? Why?
2. Do you believe everyone has a calling? If so do you think I've found mine?

3 Prayer for One Another

As one group, everyone mentions an area that need prayer for. Everyone takes turns praying for one another's needs.

4 Closing Blessing

Before everyone gets up from the table, pronounces the blessing on page 17.

Week 4

TABLE PRAYER

O Christ who emptied himself for us,
Give us today the gift of humility
So that we would realize a true thankfulness for things we too often
take for granted.

We would remember and thank you today for these most precious
gifts:

for life and for breath, for shelter,
for this meal and all meals, and for a span of days
in which to live and choose what use we would make of our time.

Give us grace to make wise investment of the days you have given us
this week, that by our thoughts and words and actions we might love
you well.

As we pause at this cresting of the week, guide us, O Spirit of God, in a
brief and sober reflection on our daily stewardships and habits.
Guide us, O God. Search now our willing hearts.

A SHORT, PRAYERFUL SILENCE IS KEPT.

Now, Holy Spirit, who for love of your children offers both conviction
and comfort, give encouragement and tender correction to each as
needed,
unto the end that our life and breath and span of days would not be
squandered, but would be well-spent in your service. AMEN.

AS WE SHARE THIS MEAL, WE TAKE TIME TO FIND OUT HOW EACH IS
FARING ON THIS DAY.

Courtesy of: Every Moment Holy, Wednesday's Table Prayer

Week 4

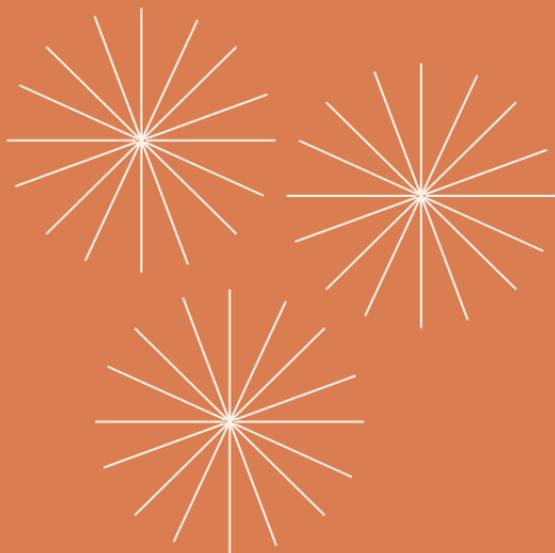
Parting Blessing

We end this meal with grace
For the joy and nourishment of food,
The slowed time away from the world...

To come into presence with each other,
And sense the subtle lives behind our faces,
The different colors of our voices,

The edges of hungers we keep private,
The circle of love that unites us.
We pray the wise Spirit who keeps us,

To change the structures that make others hunger
And that after such grace we might now go forth
And impart dignity wherever we partake.



WEEK FIVE

Evening Format

1 Table Prayers Before Eating

Once everyone has gathered, interacted and is seated around the table, one of the hosts should begin the prayer on page 21. Each guest should read a paragraph of the prayer until the prayer has concluded by passing it around the table from person to person.



2 Interactive Questions

Guests & Hosts pair up in groups of two and answer the questions for this week.

Questions for Week Five:

1. What subject do you think I thrived in at School? Did I fail any?
2. What are you still trying to prove to yourself?

3 Prayer for One Another

As one group, everyone mentions an area that need prayer for. Everyone takes turns praying for one another's needs.

4 Closing Blessing

Before everyone gets up from the table, pronounces the blessing on page 22.

Week 5

TABLE PRAYER

O King of Joys Eternal, today we praise you for small wonders;
In them we see your delight.

For birds that trill and warble their worship,
for the verdant witness of windblown leaves, and of starlight sparkling,
and of sunlit streams, and of blooming flowers,
We praise you, O King.
Your joy is everywhere manifest, even in the smallest things.

We praise you, O King, for soft beds and blankets, for stories and songs,
for kisses and kindnesses.
Your tenderness is displayed in all things nurturing.

Your mercy is manifest in the details of this world, O Lord.
Your grace is worked into every corner of creation,

Your care is evident in the fabric of all created things, even in the
pleasurable and nourishing properties of this meal.
For this food and for all small wonders, we give you thanks and we give
you praise, O God.

AMEN.

AS WE SHARE THIS MEAL, WE CULTIVATE OUR THANKFULNESS FOR THE
SMALL WONDERS OF THE WEEK BY
TELLING OF SOMETHING WE HAVE PAUSED TO APPRECIATE.

Week 5

Parting Blessing

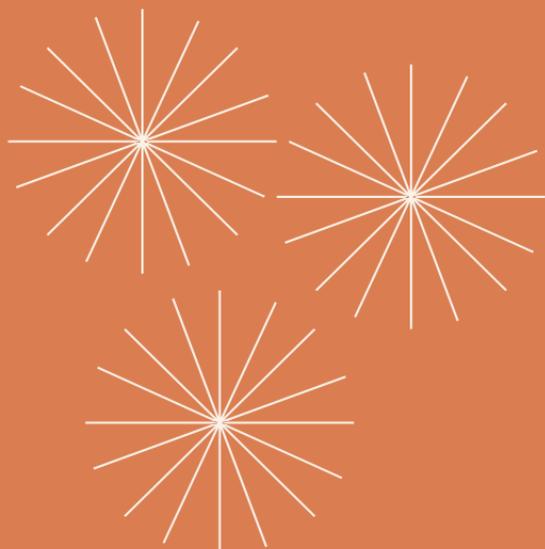
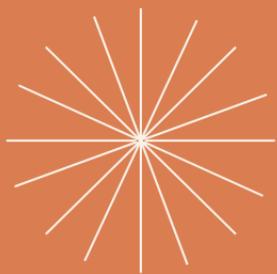
As you prepare to travel into the night
and into the week before you,

May you be wise in choosing love;
When you trust, give all your heart
And allow love to pervade you like breath.

May you have friends who can see you.
May your senses be windows of wonder
And your mind a prism of spirit.

Be vigilant
And true to an inner honor
That will not allow
Anger or resentment
To make you captive.

Always have the courage
To change, welcoming those voices
That call you beyond yourself.



WEEK SIX

Evening Format

1 Table Prayers Before Eating

Once everyone has gathered, interacted and is seated around the table, one of the hosts should begin the prayer on page 24. Each guest should read a paragraph of the prayer until the prayer has concluded by passing it around the table from person to person.



2 Interactive Questions

Guests & Hosts pair up in groups of two and answer the questions for this week.

Questions for Week Six:

1. How likely am I to go camping? How high maintenance is my set up?
2. What part of your life works? What part of your life hurts?

3 Prayer for One Another

As one group, everyone mentions an area that need prayer for. Everyone takes turns praying for one another's needs.

4 Closing Blessing

Before everyone gets up from the table, pronounces the blessing on page 25.

Week 6

TABLE PRAYER

Christ our Captain, Christ our King, for your constant presence with us in the weeks now passed, we thank you, O Lord.
For your faithful provision in the days, we bless your name.
For the sustenance and shelter and good company that has been ours, we give you praise.
In the bounty that graces our table even this hour, at the closing of these gatherings, we see new evidence of your shepherding love.

We pray that your purposes in our lives would be accomplished, O God, that in the weeks to come we would somehow be changed by the work of your Spirit, that you would be active in us, ever sanctifying our desires and Christ-shaping our hearts.
We give you thanks, O Lord, for the weeks that have been,

and for the day that is,
and for the morrow that is yet to come, knowing that
as you have been faithful
so are you faithful,
and so will you be faithful to us, forever more.

AMEN.

AS WE SHARE THIS MEAL, WE TELL STORIES OF GOD'S FAITHFULNESS IN THE WEEK THAT HAS BEEN, ALSO OF MOMENTS WE HAVE ENJOYED OR THAT WERE SIGNIFICANT TO US IN OUR TOGETHERNESS.

Week 6

Parting Blessing

Beloved friends, as we bring our community meals to a close,
May the remembrances of the laughter & tears
bring the recognition that you are a little more known
as you have come to know those around this table a little more.

As we commemorate these shared experiences & celebrate the
growth of our relationships,
Let this blessing rest upon you.

May you receive abundant love that allows you to interact with
your doubts and fears, not run away from them.
May God pour out over your soul, through others, gifts of healing
by way of their compassion and safety;

May you see in their eyes how Jesus looks at you.
May the beauty He sets before you give you new eyes , new
ears and the opening of your heart which receives to it whole
new way of being able to enter,
Both joy, and grief.

May you leave this home able to be heard and hear others,
to sit in places you've never been before,
And to receive gifts so unexpected, that love overwhelms you.

*In Honor of
Community*

644 Penn Ave
West Reading, PA 19611

www.beannu.com