



ALL SAINTS FOURWAYS GARDENS



AUGUST 2021

THEME: "I am the bread of life"

John 6: 51-58

BREAD

What you need:

- 400g plain flour
- 2 level tsp sugar
- 2 level tsp instant yeast
- 230ml plus 5 tbsp warm water
- 1.5 level tsp salt
- 2 tbsp olive oil,
- 2 mixing bowls
- Mixing spoon
- Sieve
- Clean tea towel
- Greaseproof paper



What to do:

Sift the flour, yeast and salt into a bowl. Add the oil and water and knead well. Cover with a clean tea towel and leave in a warm place for about an hour, until double in size. Turn out on a floured surface and knead again evenly until smooth. Divide the dough and shape as required. Place the items on a greased and floured baking tray. Cover with the tea towel and leave until doubled in size. Bake in the centre of an oven at 190°C for 15 – 20 minutes, until the top is golden brown and the base sounds hollow when tapped. Cool on a wire rack.

Talk about:

Is it hard work kneading the dough? Why do you think Jesus chose to give us bread as a way of remembering him?

CUP AND PLATE

What you need:

- Paper plate and paper cup
- Tissue paper
- Pritt glue
- Scissors



What to do:

Decorate the cup and plate with shapes cut out of the tissue paper.



Talk about:

Talk about the food you enjoy eating and drinking on special occasions.

GRAPE JUICE

What you need:

- Clean hands
- Grapes
- Spoons
- Sieve

What you do:

Press the juice out of the grapes, and collect it in the cup.

Talk about:

Talk about what Jesus might have meant when he said “I am the true vine” (John 15:1).

TABLE

What you need:

- Wooden staves
- Rope

What you do:

Using wooden staves and rope lashings (or tongue depressors and glue if you want to go miniature) to build a table for communion.



Talk about:

Talk about the stability of the table and how to keep it upright.

SCAVENGER HUNT

What you do:

Go and find the following:

- Something rough
- Something soft
- Something pretty

Talk about:

As a reflective prayer exercise, hold your “pretty” object and thank God (quietly or out loud) for all the beautiful things in this world. Pick up your “rough” object, and think about the difficult challenges that you face – and ask God to guide you through these rough patches. Now hold your “soft” object, thinking of people who are needing gentleness and kindness at this time – perhaps because they are sick or sad. As you pray for them, ask God to help you to be gentle and kind to those around you.

A LITURGY FOR AN AGAPE MEAL

“Agape” is the New Testament Greek work for “self-giving love”. In the Christian tradition an “Agape” is also the name for informal meals and times of togetherness and mutual sharing which remind us of all those meals Jesus shared with his friends and the unity that his Spirit continues to give us.

Theme: I Am the Bread of Life

Setting the table *(please make sure there is a bread, juice, a candle/s and cross)*

Leader On the table in the midst of this community with whom Christ is present we set symbols to remind us of his promises to us:

Reader 1 A candle, to remind us of Jesus who said,
“I Am the light of the world; whoever follows me will not walk in darkness but will have the light of life”.

Reader 2 Bread, symbol of Jesus who said,
“I Am the bread of life. The bread that I shall give is myself for the life of the world”.

Reader 3 Wine/grape juice, a symbol of Jesus who said,
“This is the blood of the new covenant, shed for the forgiveness of sins”

Reader 4 A cross, to remind us that Jesus said,
“A new commandment I give you that you love one another, even as I have loved you that you also love one another. By this all will know that you are my disciples, if you have love one for another”.

All Lord, we welcome your presence with us.
May the food and companionship we share nourish our bodies, hearts and minds. May our spirits be refreshed as we live in the light of your presence with us now, and at all times and places.
Amen.

Opening:

Leader How wonderful it is, how pleasant, for God’s people to live together in harmony! (Ps 133)
This is the place and this is the time:
Here and now, God waits to break into our experience.

Reader 1 To change our minds.
Reader 2 To change our hearts.
Reader 3 To change our ways.

Men/boys To make us see the world and the whole of life in a new light.
Women/girls To fill us with hope, joy and certainty for the future.

All Here and now – let us praise God.

Common confession

Leader Let us examine ourselves as we seek to live in Christian community as a sign and symbol of God's peace for the world:

All We confess our failings in Community:
Our lack of understanding,
Our lack of forgiveness,
Our lack of openness,
Our lack of sensitivity.

We confess the times:
When we are too eager to be better than others,
When we are too rushed to care,
When we are too tired to bother,
When we are too lazy to really listen,
When we are too quick to act from motives other than love.

Leader One and all.

All We forgive. We trust that we are forgiven.

Reading: John 6: 51-58

The Meal: Talk about why Jesus might have called himself the living bread.

Prayers Use the participative Scavenger Hunt prayer idea, or each person take turns praying a sentence.

All The Lord's Prayer

Dismissal:

Leader The meal is ended.
Christ goes before us into the days and nights ahead.

All Let us go in peace, to love and serve one another
In the Spirit of Christ. Amen!

We hope you have enjoyed Messy Church at Home with us this month.

Please join us again on Sunday 12th September at 3pm.

Remember to sign-up on the church website beforehand.

With love from

The All Saints Messy Church Team

<https://www.allsaints.co.za/messy-church/>