

November 4, 2020 Associates Outline

Welcome: Anne

Theme: The Feast of Heaven - Eucharist (Walking the Sacred Path -Exercise #24)

Opening Prayer: Our Father - Prayed Intentionally, As Jesus prays to His Father with us

Opening Song: One Bread, One Body - John Michael Talbot

Scripture: When the hour came, he took his place at the table with the apostles with him. He said to them, "I eagerly desired to eat this Passover with you before I suffer, for, I tell you, I will not eat it until there is fulfillment in the kingdom of God." Then he took a cup, and gave thanks, and said, "Take this and share it among yourselves; for I tell you that from this time on I shall not drink of the fruit of the vine until the kingdom of God comes." Then he took the bread, said the blessing, broke it, and gave it to them, saying, "This is my body, which will be given for you, do this in memory of me." And likewise the cup after they had eaten, saying, "This cup is the new covenant in my blood, which will be shed for you." Luke 22:14-20

Reflection: Janet

Silent Time Question: Are there ways that we bring about thankfulness or gratitude, especially when we feel hurt, sad, blamed, upset, anxious, etc.?

Closing Prayer: Dearest Lord Jesus, I am sometimes overwhelmed by your desire to be close to us, to be united with us in flesh and blood. As we rehearse for the heavenly banquet that we will one day share with you. Help us to become each day more and more the Body of Christ, so that we embrace in our communion with you the reality of what we are.

Closing Song: Gather the People