

Meaning of the Food

Reader 7: Why do we eat unleavened bread?

Leader: Unleavened bread is made without yeast. Yeast makes bread rise, but when the Israelites were freed from Egypt, they did not have time to wait for the yeast to rise their bread. We remember, that at the Last Supper Jesus took the bread, broke it and said, "Take this, all of you. This is my body which is to be given up for you". In the Mass, bread is transformed into Jesus' body and given to the faithful to eat.

All: Blessed are you, Lord God, who feeds us and sustains us.

[The leader breaks or tears the bread and passes it around the table, each person eats a piece]

Reader 8: Why do we drink wine?

Leader: Wine was shared at the Last Supper as part of the Passover meal. When Jesus passed the cup to his disciples, he said, "This is my blood, the blood of the new covenant. It will be shed for you". In the Mass, the wine is transformed into Jesus' blood and given to the faithful to drink.

All: Blessed are you, Lord God, who frees us from sin and gives us life.

[Pass the cup so that each person may drink from it]

The Final Blessing

Leader: We thank you Father, for loving us through the gift of your son Jesus Christ, who comes to us each day in the joys and struggles of our lives, and in a special way when we receive his body and blood at the Eucharist.

All: Amen, Amen, Amen.

The Meal

If you are having a full meal, have it now. Serve the lamb and vegetables. Share stories of times when you felt Christ's Love. Talk about your spiritual ancestry, who passed on the faith to you? What rituals were important for you growing up?

Optional - Full Meal

- Lamb or other meat, cooked
- Vegetables for your meal (eg potatoes, salads)
- Other drinks for the meal

* Unleavened Bread

2 cups of flour
1 teaspoon of salt
1 tablespoon of oil
Enough water to form a dough.

Mix all ingredients together. Knead the dough and separate into four portions. Roll each portion of dough into a flat, round sheet. Cook the sheet of dough in a fry pan or on the hot plate of a BBQ.

Last Supper Meal



Food

- Unleavened bread (eg Lebanese bread, or make your own*)
- Wine (or grape juice)

Materials

- Bible
- Bowl, small towel and jug of water for washing
- Candles
- Large Plate (for the bread)
- Cup or glass (for the shared wine)

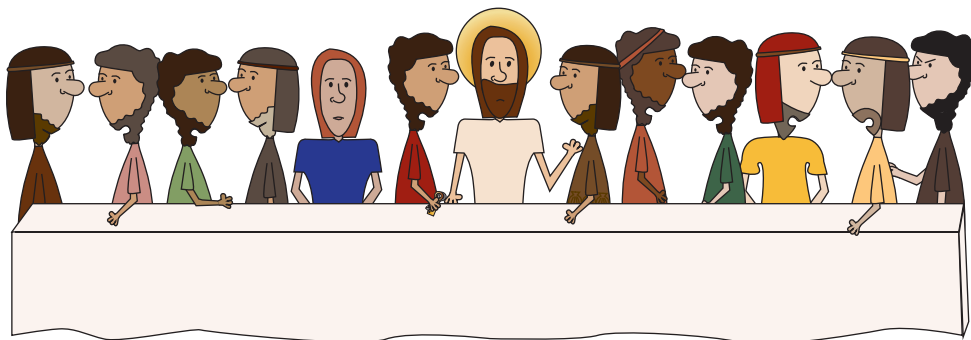
On the Thursday of Holy Week, we commemorate the Last Supper. In the Christian Scriptures we read that on this day, the night before he died, Jesus celebrated the Jewish Passover (Pesach) in an upper room with his friends. The Passover is a holy day in the Jewish calendar. It recalls how God saved his Chosen People, the Israelites, from slavery in the land of Egypt. Throughout history, the Jewish people have celebrated this event by gathering in their homes to retell the story of their liberation.

When Jesus celebrated the Last Supper with his disciples, he said as he broke the bread, "This is my body", and as he passed the cup, "This is my blood". These words and actions became central to the Mass. Now, every time we celebrate the Mass, we remember the mystery of our liberation from sin through Christ.

This family ritual draws on the rich symbolism of both the Jewish Passover and the Mass of the Lord's Supper. It may be used during Holy week or any time of the year.

Directions

1. If having a full meal, cook the meat and keep warm. Prepare the vegetables and set aside.
2. Set the table with a place for each person.
3. Place candles in the centre of the table but do not light. Place bread and wine in the centre of the table.
4. Assign reading parts. Everyone present can participate in either reading a part or doing an activity.



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Table Prayer

Leader: Today we gather to remember how Jesus gave himself to his disciples during his last meal before his death.

Lighting of Candles

Leader: We light these candles to remind us that Jesus is our light. His love dispels the darkness in our world.

[Light the candles]

Reader 1: Blessed are you, Lord God, King of the universe, who is the source of light and the creator of the world. Blessed are you, God, for you have given us life and sustained us through all seasons. May our home be blessed O God, and may it be filled with your joy and peace.

All: Blessed are you, Lord God, source of light.

Washing of Feet

Leader: When Jesus gathered with his disciples, he washed their tired and dirty feet. The water symbolises washing our sins away so that we can come to God spiritually pure .

[Read from your family bible John 13:3-15 or use the following abbreviation.]

Reader 2: When Jesus came to Peter, Peter objected saying: "You shall never wash my feet!" But Jesus persuaded him, saying: "If I do not wash your feet, you can have nothing in common with me". Jesus then explained: "You call me Master and Lord, and so I am. By washing your feet, I have given you an example – you also should serve one another".

The Gospel of the Lord

All: Praise to you, Lord Jesus Christ.

Leader: Following Jesus' example, I will now wash your hands as a sign of my willingness to serve.

[The leader pours water over the hands of each member and dries them with the towel. Another family member may hold the bowl under each person's hands as water is poured over them.]

Reader 3: We thank you God, for the gift of cleansing water and for showing us how to love and serve each other.

All: Blessed are you, Lord God, for ever and ever.

Blessing over Food

Leader: God is always thanked and blessed before food is eaten in Jewish custom and in ours too. Some of the prayers that were used by the Jewish people and by Jesus were adopted into the prayers of the Mass.

Reader 4: Blessed are you, Lord God, King of the Universe. Through your goodness, we have this bread and wine to offer, given from the earth and made with human hands. In love you have given us days of joy and seasons of gladness. You have chosen us for your service. Blessed are you, O Lord our God, who has preserved us, sustained us and brought us to this meal.

All: Blessed are you, Lord God, Creator of the earth and all good things in it.

Retelling the Last Supper Story

Reader 5: Why do we hold this meal tonight? Why did Jesus and his disciples celebrate the Passover?

Leader: Let us retell the story of the Last Supper.

[Read Mark 14:12-26 directly from your Family Bible or use this adapted version.]

Reader 6: *On the first day of Unleavened Bread, when the Passover lamb is sacrificed, his disciples said to Jesus, "Where shall we make the preparations to eat the Passover?" So he sent two of his disciples, into the city. "A man carrying a jar of water will meet you; follow him and wherever he enters, say to the owner of the house, 'The Teacher asks, Where is my guest room where I may eat the Passover with my disciples?' He will show you a large room upstairs, furnished and ready. Make preparations for us there." So the disciples set out and prepared the Passover meal.*

When it was evening, Jesus came with the twelve. While they were eating, he took some bread, and after the blessing, he broke it, gave it to them, and said, "Take this is my body."

Then he took a cup, and after giving thanks he gave it to them, and all of them drank from it. He said to them, "This is my blood of the covenant, which is poured out for many. I tell you, I will never again drink of the fruit of the vine until that day when I drink it new in the kingdom of God."

When they had sung the hymn, they went out to the Mount of Olives.

The Gospel of the Lord.

All: Praise to you Lord Jesus Christ

