

Celebrating the Sabbath

During these challenging days when we are at our homes and not able to attend Church, we have a wonderful opportunity to be the “Domestic Church” that we are called to be. We would like to provide you with simple ways you and your family can celebrate the Sabbath. One suggestion would be to celebrate a Sabbath Meal either on Saturday evening when the Sabbath begins or on Sunday Morning.

Gather your family around the table. Have a candle, a bible, a loaf of bread and a tiny glass of wine (or grape juice) for each person. Usually there would be one cup but given coronavirus everyone should have their own. Once you have all seated you can begin.



Sabbath Meal

As you sit around the table, pick one person to light the candle and say...

“As we light this candle may we reminded of Jesus’ presence among us”

Leader:

“Loving God, thank you for this week. Please bless all of us gathered around this table as we begin our celebration of the Sabbath. May we experience your presence as we break bread together and share our lives”.

Scripture Reading. Pick someone to read the Scripture.

Reader: This is the Fourth Sunday of Lent. The reading is from the letter of St. Paul to the Ephesians (Eph 5:8-14)

Here is a link to find the readings for each day <http://www.usccb.org/bible/readings/032920.cfm>

After the reading, give everyone a few minutes to silently reflect on what was read. Then you can use the question below for a little faith-sharing.

Faith-Sharing Question. The leader will read the question below and then facilitate people sharing their thoughts.

“At the Easter, we will renew our baptismal promises, the same ones that were recited on the day we were baptized and we became “children of the light” as St Paul tells the Ephesians. How do you embrace this call to be a child of the light? What can you do at this time of uncertainty to be a “light” in this world?”

When everyone is done sharing....



Blessing of the Bread

The leader takes the bread and says a blessing

*“Blessed art You, O Lord our God, King of the Universe,
who has given us food for our journey. Bless this bread that we will now share
with thanksgiving for all you have given us!”*

The leader breaks off a piece of the bread and then takes a moment to share something that happened in the past week that he/she is thankful for. The ritual continues around the table until the cup returns to the leader.



Blessing of the Wine.

The leader takes his/her cup and says a blessing...

*“Blessed art you, O Lord our God, King of the Universe, who created the fruit of
the vine”*

The leader takes a sip from their cup and names someone or something they would like to pray for. The ritual continues around the table until everyone has had a turn to drink from their cup and has prayed for someone.

The leader asks if anyone has any additional prayers. When all the prayers are done the leader will say

*“God, we thank you that you hear our prayers. We lift up all the prayers of those
gathered here as well as those in our Church community and around the world as we
say....”*

All: Our Father.

Leader: Blessed art Thou, O Lord our God, King of the Universe, who has given us this Sabbath of rest and joy. May we go forth from our Sabbath meal ready being renewed and ready to share the Lord’s love with those we meet.