

Conversation Menu

Heart Healthy

- How am I making space for prayer?
- How has prayer been easy or difficult for me recently?
- For whom am I praying these days?
- Where and how am I growing in character?
- When do I feel God's pleasure?
- Am I living in a state of peace?

Children's Menu (99 & under)

- Where do I see God?
- Who in my life loves me for exactly who I am?
- What's fun in my life?
- How am I making the world a better place?
- What is something I'm working hard at?

Comfort Food

- How is time a blessing or a curse in my life?
 - Am I able to rest well and enough?
 - How easy is it for me to trust people?
 - Is my family happy?
- Do I have people in my life that love my imperfections?
 - Do I believe that who I am is enough?
- Where am I being challenged to embrace pain?

Soulful Sides

- Am I obedient to God's prompting?
- Do I still feel pleasure?
- Am I experiencing intimacy in relationships?
- Am I making myself vulnerable to others?

To Share with Friends

- Am I dying to success?
- Have I been taking risks and daring greatly with my life?
- Am I living out of my gifts?
- How are my relationships with my friends?
- Am I there for others?

The believers dedicated themselves to learning from the apostles, taking part in life together,
sharing meals with one another and to prayer. – Acts 2:42

2:42 is being attentive together...

Being attentive to God, attentive to the work of the Spirit in us,
attentive to the face of Christ in our neighbour.

We do this by sharing food, conversation & life with one another.

We hope your household finds nourishment here.

Grace Menu

God in our waking, God in our speaking;
God in our cooking, God in our eating;
God in our working, God in our digesting;
God in our playing, God in our resting.
Thanks be to God. AMEN

For food that stays our hunger
For guests that bring us ease
For homes where friends can linger
We give our thanks for these. AMEN

Lord, you are always doing miracles with common things.
You give us your Word, write it on our hearts,
souls nourished.
You give us companions, partners for the journey,
hearts nourished.
You give us the table, conversations welcomed,
minds nourished.
You give us bread, broken and shared,
bodies nourished.
Lord of miracles in common things,
as we eat, may we do so in gratitude and joy. AMEN

Blessing Menu

May the road rise up to meet you.
May the wind be always at your back.
May the sun shine warm upon your face,
the rains fall soft upon your fields,
and until we meet again,
May God hold you in the palm of His hand.
– traditional Gaelic blessing

May the Light of God surround you.
May the Love of God enfold you.
May the Power of God protect you.
May the Presence of God watch over you.
For wherever you are, God is. AMEN

May you go into your week,
with your ears pitched
to the sound of God's voice calling your name.
May you go into your week
with your eyes peeled
for the face of Jesus in unexpected places.
May you go into your week
with your soul poised
to receive the Spirit of God,
the Spirit of Peace. AMEN