



Soul Food Sunday

NEIGHBOURHOOD
BREAKFAST & PRAYER

First Sunday of the Month
10 am

ALL ARE WELCOME

Saint Francis of Assisi
October 5, 2025

*Help yourself to coffee. We welcome your hunger.
First, we will have a time of grace, then we will eat.*

As you settle into the space, please visit the prayer stations. If you would like a prayer request to be read aloud (anonymously) for yourself, a loved one, the Church, or a concern in the world, please write your request clearly, fold the paper, and place it in one of the baskets provided.

GATHERING OF THE COMMUNITY

WELCOME & LAND ACKNOWLEDGMENT

Deacon Since the first century, followers of Christ Have gathered around tables for worship.

All Eating together in love is an act of worship.

Deacon Jesus asked his followers to remember him by eating together.

All Eating together in love brings glory to God.

Deacon Communing, we share stories of faith.

All Eating together in love makes God visible.



OPENING PRAYER

Please stand at your seats, as you are able.

Deacon God is with us,
Here in our midst and always,
The love at our beginning and without
end.

Let us pray.

Holy One,

**All You know our hearts,
Our hopes and fears,
Our joys and sorrows,
All our daily challenges.
In your mercy, help us.
By your Spirit inspire and deepen
your love in us.
We pray this in the name of Jesus.
Amen.**

THE COLLECT

Deacon Lord, help us to know ourselves
and call us to answer and serve;
through Jesus Christ, the Master of the
Table.

All Amen.



GRACE

All **At this table, Lord, all are welcome.
Bless this food, as a sign that we are not
alone.**

Prayer stations remain open during our shared meal.

"HEARING THE STORY"/ PROCLAMATION OF THE WORD

The sound of a singing bell invites us to hear holy stories.

First Reading: Francis of Assisi (from *For All the Saints*)

Gospel Reading: Luke 17: 5-10

Deacon: The Holy Gospel of our Lord Jesus
Christ, according to Luke.

All **Glory to you, Lord Christ.**

Deacon: The Gospel of the Lord.

All: **Praise to you, Lord Christ.**

RESPONDING TO THE STORY

"Sermonette" Rev. Dr. Rob James

AFFIRMATION OF FAITH

*You are invited to join in an affirmation of faith. Please
stand, as you are able.*

**You, O God, are creator of all,
by whom every being in heaven and earth
is fashioned, named, and sustained.
You call us each by name.**

**You, O God, are Living Word,
who came and pitched your tent with us,
lived and died and rose again.
You speak to us now through faith.**

**You, O God, are Holy Spirit,
who comforts, strengthens, and inspires,
sending us forth to share your love.
You are the breath of grace.**

**You, O God, are Trinity:
Creator, Word, Spirit;
Artist, healer, friend.
You are holy mystery.
We worship you. Amen.**

PRAYERS OF THE PEOPLE

Deacon	Let us bring our prayers and our confessions to God, remembering all who are in need this day, in body, mind, or spirit.
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Three readers alternate reading aloud the submitted prayers.

We respond to each prayer with
"Lord of Love, hear our prayer."

RECONCILING/CONFESSION & ABSOLUTION

Deacon Let us pray.

All Holy One,
we long for you.
You know our wounding and our
broken-heartedness.
You know how others have hurt us,
and how we have hurt others.
You alone have the healing we
need.
Yours is the love that changes
everything. Amen

Celebrant Giver of life, have mercy on us;
Pardon and deliver,
revive and strengthen,
and keep us in eternal life,
through Jesus Christ our Lord. **Amen.**

PASSING THE PEACE

Celebrant May the peace of God be always with
you.

All **And also with you.**

*Please share a non-touch sign of peace with one another
(for example, a bow with hands folded), taking special care
to create peace in any relationships that may need special
care or attention.*



"THE STORY OF THE TABLE"/HOLY COMMUNION

*As the table is prepared and our offerings are presented,
we welcome all to form a circle in the inner horseshoe.
Please help neighbours with mobility aids
to find a comfortable place in the circle.*

Celebrant Source Eternal, we bring our offerings to you.
We thank you for this bread and wine, gifts of
your creation.
We thank you for Jesus: God with us.
People **Amen.**

Celebrant God is with you.
People **And also with you.**

Celebrant Open your hearts.
People **We open them to God.**

Celebrant Let us give thanks to God our Creator.
People **We give our thanks and praise.**

Celebrant Creator, You made our world –
beautiful, wholesome, and good.
You made us to live in right relationship
with you and all creation.
You sent Jesus to live among us
and show us what you are like.

We bring our grateful, worshipping hearts to
you, our awesome God.
You formed the earth and all that dwells here,
the seas below and the skies above.
You crafted all creatures and inspired them,
animating all with your Spirit of love.
You alone are worthy of glory, honour, and
praise.

And so, we join with the heavenly beings
and all of creation as we say:

All

**You are holy.
You are whole.
You are always ever more
than we ever understand.
You are always at hand.**

**Blessed are You coming near.
Blessed are You coming here,
to your church in wine and bread,
Raised from soil, raised from dead.
You are holy.
You are wholeness.
You are present.
Let the cosmos praise you, Lord.**

Celebrant

Glory and honour are yours, Creator of all,
Your Word has never been silent.
Of your grace, you sent Jesus to live among
us to share our humanity and daily life,
to proclaim the coming of justice and peace,
and to give himself for us.
Through Jesus Christ we are reconciled to you
and restored the goodness you intended for
us.

On the night before he died, Jesus ate supper
with his friends. He took bread, gave thanks,
broke it, and gave it to them, saying:
"Take and eat. This is my very self given for
you. Do this for the remembrance of me."

Celebrant Then he took the cup of wine,
again he gave thanks,
and gave it to them, saying:
"Drink of it, all of you. This cup is a new
covenant poured out for you and all people.
Do this for the remembrance of me."

And so, we remember:
the cross, the tomb, the resurrection, and the
ascension, and, longing for Christ's coming
again in glory, we present these gifts to you.

Send your Holy Spirit upon us and upon these
gifts, so that we who share this bread and
wine may be a people of hope, justice, and
love.

Draw us together in Christ,
and, in the fullness of time, gather us with all
your people into the joy of your eternal home.

Through Christ and with Christ and in Christ,
By the inspiration of your Holy Spirit,
we worship you, our God and Creator,
and give you our unending praise. **Amen.**

THE LORD'S PRAYER

Celebrant As Jesus taught us, let us pray,
in whatever language or wording is most
meaningful to each of us, saying

**All Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.**

**Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Save us from the time of trial,
and deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and for ever. Amen.**

THE BREAKING OF THE BREAD

Celebrant This is the bread of life given in love for us.
This is the cup of restored relationship with
God.

All These are the gifts of God for God's people.
Thanks be to God!

THE SHARING OF COMMUNION

We share the bread with one another, saying:
"The Body of Christ, Food for the Journey"

We share the wine, saying:
"The Cup of Salvation"

PRAYER AFTER COMMUNION

Celebrant Let us pray.

People As we have shared this bread and wine,
We share new life in Christ.

People Send us out in the power of your spirit,
**To stand with you in the world and share
your love.**

BLESSING Rev. Dr. Rob James

ON THE WAY

*Following community announcements,
we clean up together.
Thank you for your presence at the table.*

BLESSING OF THE ANIMALS

*After clean-up, Rev. Dr. Rob will bless pets
(and pictures of pets!) on the Ridgewood porch.*

*Other animals and their people are welcome to join us later
for blessings, outside Thrifty's on Edgemont Blvd.*



FOOD FOR THE JOURNEY

As we move through the coming week and recall our shared worship today, these questions are offered for continuing reflection:

1. In Francis' story, an encounter with a leper "left him appalled by his own uselessness". What has impelled you to action in the world? What could?
2. Today, we bless pets, but animals don't feature at all in today's telling of Francis' story. What do you find most inspiring in the heart of his ministry?
3. The gospel story begins with the disciples approaching Jesus with a seemingly reasonable request: "Lord! Increase our faith!" What could increase your faith... and what would you do with that increased faith?

Liturgical Sources for Today's Worship

The Collect for Proper 27, Year C from *Prayers for an Inclusive Church* (2009) alt., in *Alternative Collects for Years A, B, and C of the Revised Common Lectionary with Seasonal Prayers over the Gifts and Prayers after Communion*, authorized by The General Synod of the Anglican Church of Canada

St. Francis reading from *For All the Saints: Prayers and Readings for Saints' Days: According to the Calendar of the Book of Alternative Services of the Anglican Church of Canada*, revised, compiled by Stephen Reynolds (Toronto: Anglican Book Centre, 2007)

Eucharistic Liturgy from St. Hildegard's Sanctuary, Vancouver, in *All Are Welcome: Liturgical Resources for Trauma-Sensitive Congregations*, authorized for use in the Anglican Diocese of New Westminster