



Soul Food Sunday

NEIGHBOURHOOD
BREAKFAST & PRAYER

First Sunday of the Month
10 am

ALL ARE WELCOME

Pentecost 2
June 7, 2026

*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

Leader Since the first century, followers of Christ have gathered around tables for worship.

All Eating together in love is an act of worship.

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

All Eating together in love brings glory to God.

Leader Communing, we share stories of faith.

All Eating together in love makes God visible.



OPENING PRAYER

Leader 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

Leader God of grace,

**All you invite the despised,
you touch the unclean,
you lift up those who are brought low:
give us that hope for a world transformed
through Jesus Christ, the mercy of God.
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.
Please share a prayer of gratitude or intercession to be read
aloud (anonymously) so we may pray together.*



"HEARING THE STORY"/ PROCLAMATION OF THE WORD

The sound of a singing bell invites us to hear.

POETRY READING, based on Genesis 12: 1-9

"Now the Lord said to Abram, `Go from your country.'"
Genesis 12:1

Talk about imperious.
Without a by-your-leave,
Or, may I presume?
No previous contact,
no letter of introduction,
no greeting,
just out of the blue
this unknown God issues edicts.

This is not a conversation.
Am I a nobody
to receive decrees
from one whose name
I do not know?
And at our first encounter!

I have worshipped my own god.
To you I have addressed no prayers,
offered no sacrifices,
asked no favors,
but quick,
like sudden fire in the desert,
without the most elemental ritual,
I hear "Go."

At seventy-five,
Am I supposed to scuttle my life,
take that ancient wasteland, Sarai,
place my thin arthritic bones
upon the road
to some mumbled nowhere?

Let me get this straight.
I will be brief.
I summarize.
In ten generations since the Flood
you have spoken to no one.

You give commands:
pull up my tent,
desert my home,
the graves of my ancestors,
my friends next door,
leave Haran
for a country you do not name,
there to be a stranger,
a sojourner.

God of the wilderness,
from two desiccated lumps,
from two parched prunes
you promise to make a great nation.
In me all peoples of the earth
will be blessed.

You come late, Lord, very late,
but my camels leave in the morning.

--Fr. Killan McDonnell, OSB Collegeville, Minn.

The sound of a singing bell invites us to reflect and, again, to hear the word of God

Leader: The Holy Gospel of our Lord Jesus Christ,
according to Matthew.

All: Glory to you, Lord Christ.

Gospel Reading: Matthew 9: 9-13, 18-26

Leader: The Gospel of the Lord.

All: Praise to you, Lord Christ.

RESPONDING TO THE STORY

Reflection The Rev. Sarah Lehman

AFFIRMATION OF FAITH

*You are invited to join in an affirmation of faith.
Please rise, in body or in spirit.*

**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

Leader Let us bring our prayers and our confessions to
God, remembering all who are in need this day,
in body, mind, or spirit.

*Three readers alternate reading aloud
the submitted prayers.*

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

RECONCILING/CONFESSION & ABSOLUTION

Leader 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 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

People

Celebrant

People

Celebrant

People

Celebrant

God is with you.

And also with you.

Open your hearts.

We open them to God.

Let us give thanks to God our Creator.

We give our thanks and praise.

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."

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.

These are the gifts of God for God's people.

All 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 The Rev. Sarah Lehman

ON THE WAY

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

FOOD FOR THE JOURNEY

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

- God calls Abram and Sarai in old age to journey from their familiar ways of knowing the Divine to an unknown place and a closer relationship with the One God. How is God speaking to you differently at your current age than when you were a younger person? How are you listening to the Divine voice? Are you still open to being pulled towards transformation and discipleship?
- In today's Gospel passage, Jesus heals both physical death (separation of body and soul) and spiritual death (separation from God and society). Are there areas of your life where you are feeling separated from God or from community? How could you pray to invite Jesus to bring healing into those areas?
- Does healing always involve physical restoration? Is there a difference between being healed and being cured?

Liturgical Sources for Today's Worship

Collect I for the Sunday between 5 and 11 June (Proper 10) 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

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



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