



FOOD FOR THE SOUL

— BREAKFAST CHURCH —



Please help yourself to coffee or tea.
We welcome your hunger and your curiosity.
We will begin with grace and then share our meal.

Today's Menu



To Begin

Coffee, tea, welcome, and land acknowledgement.



Grace and Shared Table

We bless our food and eat together.
The prayer stations remain open throughout the meal.



Hearing the Story

A singing bell invites us to listen to Scripture and reflect.



Food for Thought

A short reflection followed by an affirmation of faith.



Prayers of the People

We hold before God the needs of ourselves, our neighbours, the Church, and the world.



Reconciliation and Peace

We seek healing, receive God's assurance of forgiveness, and share a sign of peace.



The Story of the Table

We gather around the table for Holy Communion.



Food for the Journey

We share bread and wine and are sent into the world with blessing.



On the Way

Community announcements and cleaning up together.



A Prayer to Share?

As you settle in, you are invited to visit the prayer station.

Write a prayer for yourself, a loved one, the Church, or a concern in the world. Use first names only, fold the paper, and place it in one of the baskets.

Submitted prayers are read aloud anonymously during our gathering.

Thank you for your presence at Christ's table.

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BREAKFAST CHURCH

GATHERING OF THE COMMUNITY

Welcome & Land Acknowledgement

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

Eating together in love is an act of worship.

Jesus asked his followers to remember him by eating together.

Eating together in love brings glory to God.

Communing, we share stories of faith.

Eating together in love makes God visible in the world.

Opening Prayer

God is with us,
here in our midst and always,
the love at our beginning and without end.

Let us pray. Holy One,
**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

This weeks collect is on the insert.

Grace

**At this table, Lord, all are welcome.
Bless this food for the use of our bodies
and to strengthen us to do your work of
love in the world. Amen.**

*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 and reflect on each reading. This week's readings are on the hand-out.

Food for Thought

Today's Presider will offer a short reflection.

Affirmation of Faith

You are invited to join in an affirmation of faith.

**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

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

*Three readers read aloud the submitted prayers.
We respond to each shared prayer with*

"Lord of Love, hear our prayer."

Reconciling Confession & Absolution

Let us pray. 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.**

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

May the peace of God be always with you.
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.*

Offering

*Everything we have is a gift from God. Giving is one way
we respond with gratitude and hope. Together, our gifts
support worship, pastoral care, outreach and the
ongoing ministry of St. Catherine's.*



Please scan this QR code
*with your phone to support
St. Catherine's ministries
through Canada Helps and
receive an emailed tax receipt
OR use one of the envelopes
provided for your gift. Include
your name and address to
receive a year-end receipt for
gifts of \$20 or more. Thank you.*

"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.*

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.
Amen.

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:

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.

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 to 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

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

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

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.
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

Let us pray.
As we have shared this bread and wine,
we share new life in Christ.
Send us out in the power of your spirit,
to stand with you in the world and share
your love.

Blessing

On the Way

Go in peace to love and serve the Lord.
Thanks be to God.

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

About Food for the Soul

Food for the Soul is a relaxed Anglican worship gathering built around breakfast.

For Christians, sacred meals have always been places of welcome, conversation, prayer, and community. At Food for the Soul, we continue that tradition by sharing breakfast, exploring Scripture, and celebrating Holy Communion.

Come as you are. Ask questions. Participate as much or as little as you'd like. You don't need to know the words or customs—the community will carry you.

Everyone is welcome at the table.

About St. Catherine's

We are an inclusive Christian community. Rooted in Scripture, prayer, and the love of Christ, we gather to worship, learn, and grow in love for God and neighbour. Whether you've been part of church life for years or are simply curious about faith, you are welcome here.



office@saint-catherines.org • (604) 985-0666

Our Ingredients

Every good meal begins with good ingredients. These are the values that nourish our community and shape who we are.



Welcoming

There is always room at the table.



Inclusive

Everyone is valued and belongs.



Curious

Questions are part of faith.



Creative

We celebrate imagination and new possibilities.



Sustainable

We care for one another and for God's creation.



Caring

We share one another's joys and burdens.



Humble

We continue learning, listening, and growing together.



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— BREAKFAST CHURCH —

Sunday, October 4, 2026

Today's Presider: The Rev. Sarah Lehman

THE COLLECT

Presider Let us pray. O loving God,
All keeper of the vineyard,
 support your people by your Holy Spirit,
 so that we may bring forth
 the fruits of your kingdom;
 through Jesus Christ, the eternal vine.
 Amen.

FIRST READING

Exodus 20:1-4, 7-9, 12-20

Then God spoke all these words: I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me. You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. You shall not make wrongful use of the name of the Lord your God, for the Lord will not acquit anyone who misuses his name. Remember the sabbath day, and keep it holy. Six days you shall labour and do all your work. Honour your father and your mother, so that your days may be long in the land that the Lord your God is giving you. You shall not murder. You shall not commit adultery. You shall not steal. You shall not bear false witness against your neighbour. You shall not covet your neighbour's house; you shall not covet your neighbour's wife, or male or female slave, or ox, or donkey, or anything that belongs to neighbour. When all the people witnessed the thunder and lightning, the sound of the trumpet, and the mountain smoking, they were afraid and trembled and stood at a distance, and said to Moses, "You speak to us, and we will listen; but do not let God speak to us, or we will die." Moses said to the people, "Do not be afraid; for God has come only to test you and to put the fear of him upon you so that you do not sin."

GOSPEL READING

Matthew 21:33-46

Jesus said, "Listen to another parable. There was a landowner who planted a vineyard, put a fence around it, dug a wine press in it, and built a watchtower. Then he leased it to tenants and went to another country. When the harvest time had come, he sent his slaves to the tenants to collect his produce. But the tenants seized his slaves and beat one, killed another, and stoned another. Again, he sent other slaves, more than the first; and they treated them in the same way. Finally, he sent his son to them, saying, 'They will respect my son.' But when the tenants saw the son, they said to themselves, 'This is the heir;

come, let us kill him and get his inheritance.' So, they seized him, threw him out of the vineyard, and killed him. Now when the owner of the vineyard comes, what will he do to those tenants?" They said to him, "He will put those wretches to a miserable death and lease the vineyard to other tenants who will give him the produce at the harvest time." Jesus said to them, "Have you never read in the scriptures: 'The stone that the builders rejected has become the cornerstone; this was the Lord's doing, and it is amazing in our eyes'? Therefore, I tell you, the kingdom of God will be taken away from you and given to a people that produces the fruits of the kingdom. The one who falls on this stone will be broken to pieces; and it will crush anyone on whom it falls." When the chief priests and the Pharisees heard his parables, they realized that he was speaking about them. They wanted to arrest him, but they feared the crowds, because they regarded him as a prophet.

FOOD FOR THE JOURNEY

*As we move through the week and recall our shared worship,
this interpretation of the Ten Commandments is offered for continuing reflection.
Does it make the words more relatable? More applicable? What surprises you?*

The Ten Commandments

1.

Practice loyalty to the Sacred.

2.

Do not forget that any given image of God is
only a glimpse.

3.

Do not use God's name to do harm.

4.

Do not let life be defined by productivity.

5.

Care for those who have cared for you.

6.

Do not be destructive.

7.

Be faithful to the commitments you make.

8.

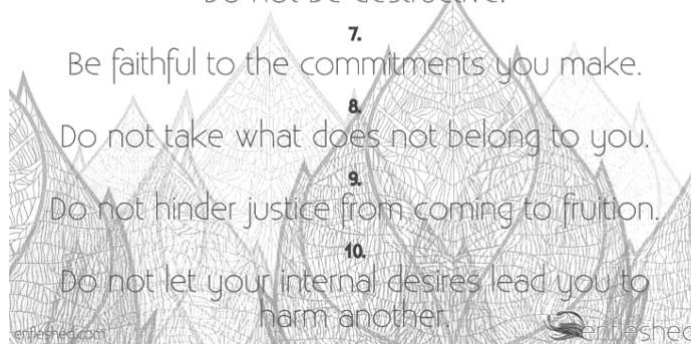
Do not take what does not belong to you.

9.

Do not hinder justice from coming to fruition.

10.

Do not let your internal desires lead you to
harm another.



St. Catherine's is located on the ancestral traditional land of the Musqueam, Tsleil-Waututh, and Squamish First Nations and within the region of the Vancouver Sea-to-Sky Métis Association. We give thanks for the shared land of the Coast Salish Peoples, on which we gather to work, pray, and worship.

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