

LENT LUNCH

A chance to gather - with soup and brief reflection
in support of the work of Christian Aid

Four Thursdays 12.30-1.15pm
Beginning 25th February

Either join us on Zoom,
or simply take part at home.

Find out more, and how to join
www.stg-stj.org.uk/lent-lunches



Lent Lunches

Prayer and Reflection



Newbury, St George & St John

Lent lunchtime prayer and reflection

You might like to set aside Thursday lunchtime each week to have a simple soup lunch and to use this material to help you reflect on the needs of the world's poorest people and how to respond in prayer and action.

This is a suggested format for prayer and reflection to be repeated each week from Thursday 25 February to 18 March, either used individually at home or with others at the Zoom lent lunch gathering.

Preparation

Make me to know your ways, O Lord,
And teach me your paths.

Psalm 25.3

Come to the living God,
come to stand alongside the poor.
Come to struggle with those who seek freedom.
Come to resist all that offends God's justice.
Come to the living, disturbing God.

Jan Berry

Bible Reading - see page 5

A Prayer Before Food

Earth maker and Lord of all creation,
we are mindful that this food before us
has already been blessed by the sun, earth and rain.
We pause to be grateful
for the hidden gifts of life in this food.

Bless our eyes and taste
so that we may eat this food
in a holy and mindful manner.

We pause to be grateful
for the blessings of this table.

After eating ...

Watch a short video produced by Christian Aid

Week One: <https://youtu.be/GT9JNpi0P44> This is Christian Aid

https://youtu.be/_tMJ09HMg94 Kadiatu's Story

Week Two: <https://youtu.be/d2g2VYJ2sxc> Florence's Story

Week Three: <https://youtu.be/2OghcO6zRM8> 'Salt of the Earth' reflection

Week Four: <https://www.christianaid.org.uk/resources/worship/october-meditation> 'Where your Treasure is' reflection

Prayer of Intercession

Loving and almighty God,
we pray for all who are working to combat the growing food crisis:
for international aid agencies and local community organisations.

We pray for those in positions of power.
May the leaders of the nations act with wisdom and compassion
bringing relief to those who suffer now and moving us towards a
world without hunger.

We pray for our sisters and brothers caught up in a cycle of drought and hunger: for parents struggling to find food and seeing their children go hungry, for farmers seeing their crops fail and livestock die.

We pray for ourselves: may we share generously from the abundance that you have given us and join our voices with those who call for an end to poverty, that lives may be saved and rebuilt with hope for the future. May we act in your name Lord and be an instrument of your grace.

Lord, in your mercy, hear our prayer.

Our Father, who is in us here on earth,
holy is your name in the hungry
who share their bread and their song.
Your Kingdom come,
which is a generous land
which flows with milk and honey.
Let us do your will,
standing up when all are sitting down,
and raising our voice when all are silent.
You are giving us daily bread
in the song of the bird and the miracle of the corn.
Forgive us for keeping silent in the face of injustice,
and for burying our dreams,
for not sharing bread and wine, love and the land,
among us, now.
Don't let us fall into the temptation
of shutting the door through fear;
of resigning ourselves to hunger and injustice;
of taking up the same arms as the enemy. But deliver us from evil.
Give us perseverance and the solidarity to look for love,
even if the path has not yet been trodden, even if we fall;
so we have known your kingdom
which is being built for ever and ever. Amen.

Central American Lord's Prayer

Week One - Matthew 7. 1-5, 12

‘Do not judge, so that you may not be judged. For with the judgment you make you will be judged, and the measure you give will be the measure you get. Why do you see the speck in your neighbour’s eye, but do not notice the log in your own eye? Or how can you say to your neighbour, “Let me take the speck out of your eye”, while the log is in your own eye? You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your neighbour’s eye.

‘In everything do to others as you would have them do to you; for this is the law and the prophets.

Week Two - Matthew 7. 24-27

‘Everyone then who hears these words of mine and acts on them will be like a wise man who built his house on rock. The rain fell, the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on rock. And everyone who hears these words of mine and does not act on them will be like a foolish man who built his house on sand. The rain fell, and the floods came, and the winds blew and beat against that house, and it fell—and great was its fall!’

Week Three - Matthew 6. 19-21

‘Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also.

Week Four - Matthew 5.13-15

'You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot.

'You are the light of the world. A city built on a hill cannot be hidden. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house.

How to donate to Christian Aid

Please consider supporting the work of Christian Aid, via our Benefice JustGiving Page: tiny.cc/lentlunch

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We believe in life before death



Benefice of St George and St John

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www.stg-stj.org.uk

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