

Sabbath Community Meal

Sabbath can be a time for feasting with friends. When we feast with friends, we remind ourselves of the bread and cup of the new covenant enjoyed together in community.

Invite close friends over or plan a meal with your small group. Consider sharing the load of food preparation so as not to overwhelm any one person or group with stress.

Go overboard on your favorite foods, reminding yourself of the heavenly feast we are invited to – the marriage supper of the Lamb (Rev 19) at Jesus' second coming.

Consider reading this [liturgy](#) as you begin the meal.