

Bread, Rest, and Strength for the Journey

A Youth-led Communion Service for a Weary Congregation

by Katie Cook & John Garland



art by Rebecca S. Ward

Invocation

God, you are our Creator, who shaped the earth and all its creatures, who invented the wheat and the grape. You are the source of our life, the one who nurtures us as if we were small children. We are thirsty and hungry, without resources, and we are exhausted. We call unto you today because, as usual, we have pushed ourselves to the limit. We have tried to accomplish things on our own. We need your nourishment. We need your comfort. We need to gain strength from being with you. Come to us, come into our midst. Feed us.

Reading from the Hebrew Scriptures

I Kings 19:1-8

Гимн

“Help Us Accept Each Other”
—particularly the last verse:

Lord, for today’s encounters with all who are in need, who hunger for acceptance, for righteousness and bread, we need new eyes for seeing, new hands for holding on, renew us with your spirit, Lord, free us, make us one!

WORDS: Fred Kaan, 1975;
MUSIC: John Ness Beck, 1977,
TUNE: Beck
The Worshiping Church No. 437

Reading from the Prophets

Isaiah 55:1-3a

Choral Reading

CHORUS LEADER:

Come, every one of you who is thirsty

CHORUS:

Come to the waters.

CHORUS LEADER:

And all of you who are hungry and have no money for food,

CHORUS: *Come on! You can buy all the food you need!*

CHORUS LEADER: The angel said to Elijah,

CHORUS: *“Get up and eat! Get up and eat, or the journey will be too much for you.”*

CHORUS LEADER: Jesus said,

CHORUS: *“Eat and remember who I am, so that you will remember who you are.”*

FIRST READER: The Lord spoke to Moses and said, “I have heard the com-

plaining of the Israelites; say to them, ‘At twilight you shall eat meat, and in the morning you shall have your fill of bread.’” (Exodus 16:11-12a)

SECOND READER: Seek the Lord while God may be found. Call upon God while God is near; let the wicked forsake their way, and the unrighteous their thoughts; let them return to the Lord, that the Lord may have mercy on them, and to our God, for God will abundantly pardon. For my thoughts are not your thoughts, nor are your ways my ways, says the Lord. For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts. (Isaiah 55:6-9)

THIRD READER: Then Jesus took a loaf of bread, and when he had given thanks, he broke it and gave it to them, saying, “This is my body, which is given for you. Do this in remembrance of me.” And he did the same with the cup after supper, saying, “This cup that is poured out for you is the new covenant in my blood.” (Luke 22:19-20)

Гимн

“Lord, Whose Love in Humble Service”
—particularly the first two verses:

Lord, whose love is humble service bore the weight of human need, who upon the cross, forsaken, worked your mercy’s perfect deed: we, your servants,
bring the worship
not of voice alone, but heart,
consecrating to your purpose,
every gift which you impart.

Still your children wander
homeless,
still the hungry cry for bread;
still the captives long for freedom,
still in grief we mourn our dead.
As you, Lord, in deep compassion
healed the sick and freed the soul,
By your Spirit send your power
to our world to make it whole.

WORDS: Albert F. Bayly, 1961;
MUSIC: Traditional American
melody

TUNE: BEACH SPRING 8.7.8.7.D
The Worshiping Church No. 426

Benedictory Petition

Holy God, Feed us with the bread we need for this day. Infuse us with the strength and passion for the days to come. Walk with us, sing your song into our hearts, stay with us to the end of the journey. For we cannot make it without you. Amen.

Benedictory Reading

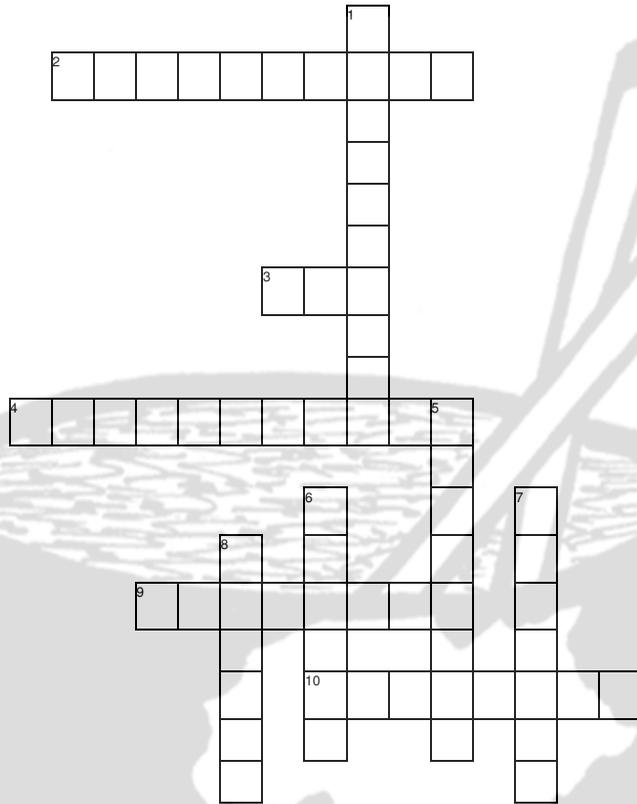
Isaiah 55:10-13

—John Garland is pastor of San Antonio Mennonite Church in San Antonio, TX. The church works with San Antonio’s Interfaith Welcome Coalition, which provides direct assistance daily to more than 100 Central American asylum seekers. Katie Cook is the Seeds of Hope editor. This piece, printed in the 2000 Hunger Emphasis packet, “There Was No One Needy Among Them,” was written when John was a student at Baylor University.

Editor’s note: See page 14 of the 2018 Hunger Emphasis packet “But What Are These Among So Many?” for instructions concerning this service.

A Hunger Crossword

created by LeAnne Kerr



Across

2. Where are people hungry?
3. World Food Programme
4. One in four children in developing countries is _____.
9. These establishments have resources like food pantries, community gardens, and outreach programs to help the homeless and hungry.
10. Before a child turns 2, malnutrition can cause _____.

Down

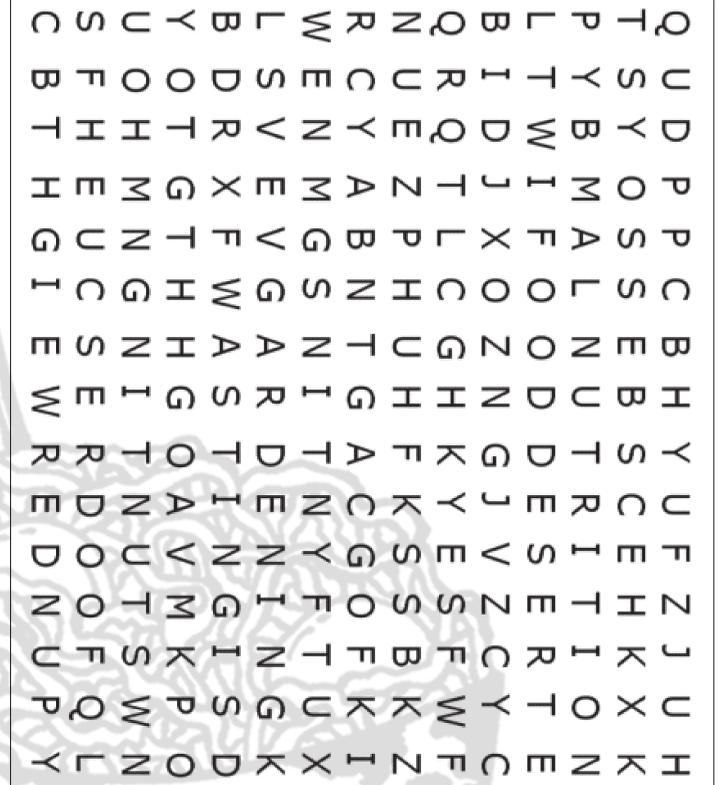
1. A vast majority of the undernourished population live in _____ countries.
5. The first _____ days of a child's life are critical to target a child's nutrition.
6. This is what many suffering from hunger do not have due to their physical well-being, geographical location, or financial standing.
7. 795 _____ - the number of people who do not have enough food to live a healthy, active life.
8. One in nine people suffer from _____.

1. developing 2. everywhere 3. WFP 4. underweight 5. thousand 6. access 7. million 8. hunger 9. churches 10. stunting

Hunger Word Search

created by Kristin Waites

Kristin's instructions: Circle the terms from the list in the word search to the right. They may be forwards or backwards, as well as up, down, or diagonal. Once you've found all of the words, look up the ones you don't know in the hunger glossary online at seedspublishers.org.



The art on this page was created by Audrey Cary Lange for the 2010 Hunger Emphasis packet, "Feasting Together So That None May Go Hungry." LeAnne Kerr created the Hunger Crossword for the 2016 packet, "Setting the Table in Remembrance & Hope." Kristin Waites created the Word Search for the 2014 packet, "Garden of Hope." All three were Seeds of Hope interns from the Baylor University Professional Writing department.

FOOD DESERT
FOOD RESCUE
FOOD SECURITY
GARDENING
HUNGER
MALNUTRITION
SNAP
STUNTING
UNDERWEIGHT
WASTING