

The Sacred Meal

Since the beginning of the early Christian church, Christians have gathered to share their meals together and in so doing they have transformed a common moment into a sacred one. Perhaps this week we can each find time to make a meal sacred in our homes, slowing down together.

Setting the table

- It could be as simple as lighting special candle
- Bringing something special to decorate the table to make it special
- A special table cloth
- Special dishes, dish or platter
- Flowers
- Something special that represents a special family moment

How to:

1. Decide as a family how often you will celebrate a sacred meal. Weekly is a wonderful practice, though it does not always work for all families. Bi monthly or monthly is another option. Sunday afternoon or evening creates a connection between Sabbath and the sacred meal.
2. Make the sacred meal a required family moment that will not be moved or changed without careful consideration. Part of the beauty of this is the commitment to it as a practice.
3. Before the meal involve the whole family in setting the table, each having a special place in the preparation.
4. At the beginning of the meal, after all are seated together, light the candle in the center of the table offering a simple prayer. You may have a family blessing of your own or "God, we thank you for this food and this time together. Bless our meal, we pray". Amen
5. The meal itself should be a time for conversation and enjoyment of the meal that has been prepared. Consider adding a special element of food or drink that is not common practice in your home a special dessert, or a special dish that is served at holidays and celebrations.
6. At the end of the meal all share in the washing dishes and cleaning space shared together. This practice takes a bit of planning, work and time investment. It is also offers a great reward to those who put in the effort in. Time spent

together around the table will yield rich memories and strong connections for your family.

Faithful Families: Creating Sacred Moments at Home by Traci Smith ,Chalice Press

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