

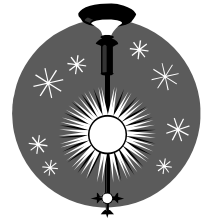
SEASONAL TABLE CARDS

The parish uses table cards on a regular basis to both encourage prayer in one's home and to help parish members share some common practices of prayer, no matter our schedules.

To use:

- Print out page two of this document.
- Fold the page in half so that the prayer is on one side and the reflection on the other.
- Place the card on the table where you eat or another conspicuous spot and use it as your prayer before meals or as a night prayer.

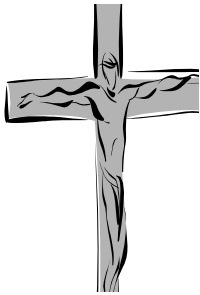
*"Song of the Body of Christ" by David Haas



We ask you to help us find strength to follow Jesus,
to be for each other as Christ is for us—nourishing, loving, and present.
We ask this through Christ our Lord. Amen.

- We come as your people, we come as your own, united with each other, love finds a home...
- We are called to heal the broken, to be hope for the poor, we are called to feed the hungry at our door...
- Bread of life and cup of promise, in this meal we all are one. In our dying and our rising, may your kingdom come.
- You will lead and we shall follow, you will be the breath of life; living water, we are thirsting for your light.

Refrain: *We come to share our story, we come to break the bread.
Lord our God, you have sown in us your word, given us your Son—
he, who was broken and died for us, is bread and life for the world.
"Song of the Body of Christ"*



Eucharistic Prayer

Father, Calling to mind the death your Son endured for our salvation, his glorious resurrection and ascension into heaven, and ready to greet him when he comes again, we offer you in thanksgiving this holy and loving sacrifice.

Look with favor on your Church's offering, and see the Victim whose death has reconciled us to yourself.

Grant that we, who are nourished by his body and blood, may be filled with his Holy Spirit, and become one body, one spirit in Christ.



Amen.