

THE ‘ AGAPE ‘ - A SHARED MEAL

Introduction:

- ✓ *The ‘AGAPE’ or The Shared Meal is a very meaningful exercise in the context of group events like Recollections, Seminars, Prayer Workshops and similar ones.*
- ✓ *By a shared meal, when the participants bring their noon meal to be shared by the entire group enhances the effectiveness of any program*
- ✓ *It helps participants to come closer to one another. It creates feelings of oneness and of fellowship*
- ✓ *This exercise is most effective for smaller groups, such as Youth Groups, Y.C.S., Legion of Mary, Pre-novices, Vocational Camps, Recollections, Prayer Days, Seminars etc.*

INSTRUCTIONS

- ✓ In case you plan to have the ‘AGAPE’ ceremony, inform the participants before hand that **the meal will be shared**. Ask them to bring a more generous fare than usual.
- ✓ At noontime appoint some members of the group to prepare the place for the ‘agape’, they will decorate the room, lay the tables etc...
- ✓ Playing a soft background music will create a welcoming atmosphere.

CEREMONY:

1. **When everything is ready, the participants will assemble** around the table with their food packets in their hands.
2. **An appropriate hymn or song will be sung.** While the song is sung, each one will come forward, will open his food packet and place on the table An appropriate song would be: be:

We are gathering together unto Him.
We are singing together unto Him...
We are shearing together unto Him
We are eating together unto Him...

3. **The Moderator will give a short Input:**

He will explain the meaning of the Ceremony.

- The symbolism of a meal. Its “quasi sacramental meaning’
- Family Meal...growing together...living together.
- One in heart and in mind...sharing of the same food...brought by all...

- Spirit of belonging and fellowship...Not “ I” but “ We” ;Not “ Mine” but “ Ours”.

4. Reading: Acts 2/44-47. Believers sharing their meals in common

One of the participants will read it.

Another will make a short commentary. Both should have prepared it before hand.

5. Blessing of the Food:

By song...mimic...clapping.... prayer...

6. Meal: All share of the common food placed on the table.

7. After the Meal:

Second READING: Luke 24/13-31 **The Discipline of Emmaus.**

It can be read or dialogued or mimed, dramatized or acted. Preparation before hand is wanted.

Short Commentary: Some thoughts:

- In the Agape, in the sharing, at mealtime Christ is amongst us...Value of family meals together.
- He is our perpetual guest They recognize him... in the breaking of the bread.
- By inviting others to share our meals and partake of what we have, we invite Christ...

8. Closing Hymn: Any of your choice.

9. Celebration of Life may follow whenever possible.

- Sing Song
- Skits
- Party Games
- - Etc...