



Activity: Sharing a Meal – The Last Supper and Our Community

Leader's guide

Objective: To learn about the importance of sharing a meal as a community, just as Jesus did at the Last Supper. They will also reflect on how they can share with and care for others in their own communities, like the St Vincent de Paul Society (SVP) does.

You will need:

- A large piece of paper or a whiteboard
- Colouring materials

Step 1: The Last Supper – A Shared Meal

1. Gather the children in a circle and ask:

- Have you ever had a special meal with family or friends? What made it special?
- How does it feel to eat together with people you care about?

2. Explain that at the Last Supper, Jesus shared a meal with His friends, the disciples.

3. Read 1 Corinthians 11:23-26 (simplified for younger children).

4. Reflection:

- Jesus wanted His friends to stay connected, remember Him, and care for one another.
- Even today, we come together as a community in church to share and remember Jesus through the Eucharist.



St Vincent
de Paul Society

England and Wales

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Step 2: Helping Our Community – St Vincent de Paul Connection

1. Introduce the St Vincent de Paul Society (SVP):

- SVP helps people who are struggling by sharing food, visiting the lonely, and supporting families in need.
- We can be like Jesus by sharing meals and caring for people in our communities.

2. Ask:

- As members of the SVP, how do we use food to help those in our community? (guide the children to answers such as: food bank, bake sales, community meals)
- Who might we be able to help by sharing food? (the elderly, those affected by poverty, anyone who might be lonely)
- Food is a great way to reach out to people in our community. It is not only something we all need, but also something we can share together and create great memories.

3. On a large sheet of paper or a whiteboard, make a Community Sharing List, including ideas like:

- Inviting someone to eat with you at school
- Donating food to a food bank
- Cooking or baking (with a family member or at school) for people in your community (e.g. a neighbour)

Step 3: "Our Community Table" Art Activity

1. Give each child a piece of paper and ask them to draw a big table with food on it.
2. Around the table, they should draw or write who they would invite to a special meal and why (e.g., family, friends, someone who is lonely).
3. Stick the pictures together to create a big "Community Table" display, showing how we can share and include others.



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Wrap-Up Discussion/recap:

1. Jesus shared a meal with His friends to bring them together. Who can we share with?
2. How can we welcome others into our community, just like Jesus did?

Prayer to Finish:

"Dear Jesus, thank You showing us how to care for others and share what we have together. Help us to always welcome, share, and love those in our community. Amen."



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