

What is the Talking Table?

The Talking Table is a simple but powerful way to create space for conversation, prayer and belonging during Lent. Inspired by the table at the Last Supper, it reminds us that Jesus always makes room – for questions, for friendship, and for those who might otherwise be overlooked.

That sense of making room matters deeply today. In 2025, one in four adults reported feeling lonely at least some of the time, rising to two in five among young people (ONS, 2025.) That means in a group of 30, 12 people will probably be feeling lonely. Loneliness is not always visible, but it is widely felt.

This pack helps you set up a Talking Table anywhere, creating small but meaningful moments where people can pause, notice one another, and connect heart to heart.

Setting Up Your Talking Table

Step 1: Choosing Your Table

Your table can be any size:

- A small side table
- A desk
- A trestle table
- Even a few tables pushed together
- If you don't have room for a real table – maybe it could be a display board?

Step 2- Location

In a university it might be

- In the CathSoc area, a chapel or prayer space, a common room, outside under cover.

In a Parish scenario

- In the parish room, in the main entrance or porch, in one of the available side chapels.

Think about visibility and accessibility:

Will people naturally pass by?

Is there space to stop and sit or stand?

Is it somewhere people already feel comfortable?

Step 3- Setting the Table

Make it welcoming and intentional by adding the following:

- Tablecloth
- Centre piece
- Talking Table Bunting
- Talking Table Placemats
- Conversation Starters
- Name cards
- Printed paper plates

