



TO THE HEIGHTS

LIVING MISSION, JUBILEE AND BEYOND



St Vincent
de Paul Society
England and Wales
Turning Concern into Action

Week 4: Sharing the Table

Gather

Connecting the Journey so far:

- Week 1: Water – We packed water to give us strength and keep us going on our journey.
- Week 2: Bread – We packed bread to share with others and help them on their journey.
- Week 3: Time / Presence – We thought about time and attention to really listen and be with our friends.

This week: we are thinking about our fellow travellers. Just like people on a long journey need rest and food, we all need friends along the way.

- Sharing a meal together, or even a conversation is like making space for someone at our table.
- When we include others and care for them, we help each other along the journey and make it a happier and better adventure.

Begin with the opening prayer.

Listen

Spend a few moments looking at the image and invite the children to guess what's going on. Share the story of The Last Supper (Luke 22:14–20) :

When the time came, Jesus and the apostles were sitting at the table. He said to them, "I wanted very much to eat this Passover meal with you before I die. I will never eat another Passover meal until it is given its true meaning in the kingdom of God." Then Jesus took a cup. He gave thanks to God for it and said, "Take this cup and give it to everyone here. I will not drink again from the fruit of the vine until God's kingdom comes." Then Jesus took some bread. He thanked God for it, broke it, and gave it to the apostles. Then Jesus said, "This bread is my body that I am giving for you. Do this to remember me." In the same way, after supper, Jesus took the cup and said, "This cup shows the new agreement that God makes with his people. This new agreement begins with my blood which is poured out for you."

Read the story again, but this time get the children to close their eyes and visualise themselves there at the table. After you've read it again, discuss the questions (Slide 7) and reflect on its teaching (Slide 8)

Respond

Just like Jesus, our saints help remind us of this too. St Pier Giorgio loved going on long walks in the mountains. Along the way he would stop, rest, and share bread with the friends who were walking with him. His 'table' was wherever he made space for others. We can be like Pier Giorgio by making space at our table, like sitting with someone new at lunch or including someone who might feel left out.

- Is there someone at school you could invite to sit with you at lunch or break this week?
- Can you think of one person you could include in a game or activity today?

Call to Action

Children write on a paper plate how they will make people feel included this week – for example sitting together at lunch, playing together, talking together, or helping someone feel included. This could be someone who might feel left out. They then add their plates to the class display called "Sharing the Table on the Journey." Close in prayer.

Things you'll need:

<input type="checkbox"/>	Week 4: Sharing the Table PowerPoint Slides
<input type="checkbox"/>	Items for focal point: backpack, water, bread, sand timer
<input type="checkbox"/>	Bible
<input type="checkbox"/>	Paper plate printout (Appendix 1)
<input type="checkbox"/>	Pens and pencils
<input type="checkbox"/>	Colouring pencils/ Felt tips