

# Agapé Meal \*

for an Individual to celebrate at home

Sundays and Holy Days from Christmas Eve – The Epiphany (Jan 6)  
When the Church Cannot Gather in Person

*Appropriate foods for festal Agapé meals are celebratory, according to the tradition or culture of the celebrant, but simplicity is to be favored over complexity. Offerings might include bread, fresh fruit, wine and juices, olives, simple fish or meats (esp. lamb), eggs, and fresh vegetables.*

*This form is for a single individual who is not sharing the occasion with others in person or online.*

## + The Opening Rite +

*At the time appointed, stand as you are able, and begin by saying:*

In the name of Jesus Christ, born as one of us to redeem us – Alleluia!

**Canticle 20**    **Glory to God** *Gloria in excelsis*

Glory to God in the highest,  
and peace to his people on earth.

Lord God, heavenly King,  
almighty God and Father,  
we worship you, we give you thanks,  
we praise you for your glory.

Lord Jesus Christ, only Son of the Father,  
Lord God, Lamb of God,  
you take away the sin of the world:  
have mercy on us;  
you are seated at the right hand of the Father:  
receive our prayer.

For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High,  
Jesus Christ,  
with the Holy Spirit,  
in the glory of God the Father. Amen.

*Offer now the following blessings, in the plural voice, because you are one with the church, even if at the moment you are alone.*

### **Over Wine**

Blessed are you, O Lord our God, Creator of the universe. You create the fruit of the vine; and you refresh us with the cup of salvation in the Blood of Jesus Christ, crucified yet risen. May the time come quickly when we can share that cup again, even as you are with us now in our very thirst for you. Glory to you for ever and ever. Amen.

### **Over Bread**

Blessed are you, O Lord our God, Creator of the universe. You bring forth bread from the earth; you have fed us with the bread of life in the Body of your Son. Feed us now with your presence among us and your presence in your Word. As grain scattered upon the earth is gathered into one loaf, so gather your Church in every place into the kingdom of your Son. To you be glory and power for ever and ever. *Amen.*

### **Over the Other Foods**

Blessed are you, O Lord our God, Creator of the universe. You have blessed the earth to bring forth food to satisfy our hunger. Let this food strengthen us, even as we long to gather around one table and one Lord, as we await our risen Lord's return. For yours is the kingdom and the power and the glory, now and for ever. *Amen.*

## **+ The Meal +**

*Dine, enjoy, be open to gratitude.*

## **+ Reflection +**

*Near the end of the meal, you may wish to reflect on the following questions:*

*“In the week past, what has been difficult what have I mourned?”*

*“And what grace or gift have I known or received?”*

## **+ Scripture +**

*Read now and reflect on the Scripture appointed for the day.*

*The Scriptures appointed can be found by clicking on the calendar at*

*<https://episcopalchurch.org/lectionary-calendar>*

*or in the Book of Common Prayer on pages 901-911.*

*The Gospel is always read.*

*After reading the Scripture, you may wish to offer intercessions for those in need, and thanksgivings for God's grace.*

*You could sing (or listen to) a hymn or song of praise.*

## + The Closing Rite +

*Stand as you are able, and pray the Lord's Prayer.*

Our Father, who art in heaven,  
hallowed be thy Name,  
thy kingdom come,  
thy will be done,  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those  
who trespass against us.  
And lead us not into temptation,  
but deliver us from evil.  
For thine is the kingdom,  
and the power, and the glory,  
for ever and ever. Amen.

Our Father in heaven,  
hallowed be your Name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those  
who sin against us.  
Save us from the time of trial,  
and deliver us from evil.  
For the kingdom, the power,  
and the glory are yours,  
now and for ever. Amen.

*Say the Collect of the Day.*

Collect of the Day

*These can be found by clicking on the calendar at <https://episcopalchurch.org/lectionary-calendar> or in the Book of Common Prayer on pages 212-214.*

*Then finish by saying:*

I have marked this day, both mourning and rejoicing.  
I have marked this day in faith that God will hear my prayer.

With the whole church I raise my voice:

Surrounded by illness, we mourn our dead;  
yet still we say, Alleluia!  
We know loneliness and discomfort;  
yet still we say, Alleluia!  
We cannot see the way that lies ahead;  
yet still we say, Alleluia!  
All we go down to the dust;  
yet even at the grave we make our song, Alleluia!  
Alleluia Christ is risen!  
The Lord is risen indeed!

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\*Ritual created by the Rev. Dr. James Farwell adapted and created from contents of the *Book of Occasional Services* 2018, *The Book of Common Prayer* 1979; *Psalter for the Christian People*, edited by Gordon Lathrop and Gail Ramshaw; and from original material. Permission to adapt and amend to be appropriate to context is given to all.