

Agapé Meal *

for an Individual to celebrate at home

Sundays and Holy Days in the Season After Pentecost 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, crucified and risen – Alleluia!

Psalm 27: 1, 5-13

- 1 The Lord is my light and my salvation;
 whom then shall I fear?
 The Lord is the strength of my life;
 of whom then shall I be afraid?
- 5 One thing I have asked of the Lord;
 one thing I seek;
 that I may dwell in the house of the Lord all the days of my life.
- 6 To behold the fair beauty of the Lord,
 to seek God in the temple.
- 7 For in the day of trouble the Lord shall shelter me in safety;
 the Lord shall hide me in the secrecy of the holy place
 and set me high upon a rock.
- 8 Even now the Lord lifts up my head
 above my enemies round about me.
- 9 Therefore I will offer in the holy place an oblation
 with sounds of great gladness;
 I will sing and make music to the Lord.
- 10 Hearken to my voice, O Lord, when I call;
 have mercy on me and answer me.
- 11 You speak in my heart and say, “Seek my face.”
 Your face, Lord, will I seek.

12 Hide not your face from me,
nor turn away your servant in displeasure.

13 You have been my helper;
cast me not away;
do not forsake me, O God of my salvation.

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 896-900.
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 228-236.

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!

*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.