

The Empty Plate, the Empty Cup

A Litany

A Litany that can be used at home for an empty communion. If you have children and young people amongst you, invite them to participate as one of the Persons. If there is one in your home, go slow and talk to God as you share. If there are a few, take turns to be the different voice of Persons. It may feel strange, or it may feel powerful to give a ritual of community and communion in your home. God's called people can still touch the promise and hope God has given us in the sacrament of Holy Communion or Eucharist.

There is room for action, there is room to share stories and prayer together. There is room to touch the plate and cup in a way that we may not normally get to when we are gathered with others. Remember as you share in this litany, others also are sharing in this litany. We are connected through God's active Spirit working across the barriers of distance, and time.

May your household be blessed by this gift.

The Litany

Action: Place an empty plate and an empty cup among those who occupy the home.

Together:

We are here, God is here,

Among us, around us is light, and the source of all light.

Person 1:

An empty plate, an empty cup

Symbols before us of God's eternal love and activity.

The Easter story completed, but the work of Love remains.

Person 2:

The plate normally holds bread to be blessed

The cup normally holds the juice from grapes to be shared.

Today they are with us, empty.

Together:

God we give you thanks for all the blessings in our life.

Action: Each person can name something that is a blessing in their life.

Together:

Praise is yours God.

Person 1:

God's people have gathered in homes from long ago
Together they have shared the story of God at work in their life.
Together they have shared the story of hope, of promise, of forgiveness.

Person 2:

God's people have recalled the time God passed over their homes
and brought them out from Egypt.
They have recalled the time God was with them in the wilderness and desert.

Person 1:

They recalled when God brought them into a new land,
and when God was present to them in the temple.
From the time of creation, God has been here in this land too.

Together:

We give thanks to God for our place, for our time
in God's great story of creation.

Action: Person 1 pick up the plate, share a story of when your life has been a gift to another. When have you helped someone else? Invite others in the home to do the same.

Person 2:

In the Easter story, we recall when Jesus was with his disciples on the last night before he was crucified. Jesus held bread, blessed it and broke it. He made a covenant with everybody.

Together:

This is my body, broken for you.

Person 1:

He also took a cup, he blessed that too, and it was passed from hand to hand. Jesus brought a new way of being with God. As my life passes from this earth, you will be with me always. I won't eat and drink like this until that moment comes for certain.

Together:

Thank you God for taking us into your heart through Jesus death and resurrection. May we hold in our hearts your promise to us. That together we are yours and through you we are together, with each other.

Action: Person 2 picks up the cup, share what it means for you to know God's love. Invite others to share also.

Person 1:

God, thank you that you are always with us. Thank you that even though we hold an empty plate and an empty cup, we are not empty or apart from you. Thank you, that even in this time, your promise and love is very real and very present to us.

Person 2:

May we know this day, may we know tomorrow, God's deep holding love. May our days be filled with blessing, and thanks. May they be gifts for those we connect with.

Together:

May God be in front of us, may God be behind us.

May God be beside us, and God be within us.

Father, Son and Spirit

bless us and sustain us, this day, and into our tomorrows.

Amen.

This resource is created by Rev Denise Savage: Presbytery Minister, Leadership Formation.
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