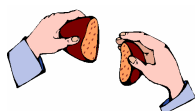


Washing of the hands & Breaking of the Bread

I invite you now to come to Jerusalem, if you dare. Wash the hands and feet of those whom Jesus entrusted to you. Prepare the way for the Lord. Prepare your hearts.



Ask several staff members to help you wash and dry the hands of your colleagues and invite participants up to the hand washing ceremony.



Pass a basket of bread around to your staff and together, break bread.

This body will be given for you. This is the cup of the new covenant in My blood: whenever you receive them, do so in remembrance of Me.

-Source Unknown

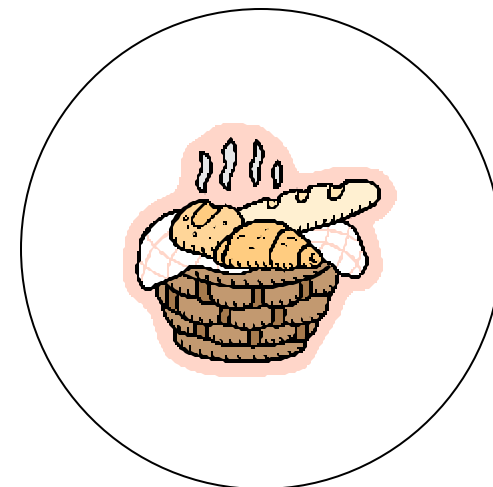
Our Father...

Let us pray, as we join together in the Lord's prayer:
Our Father...

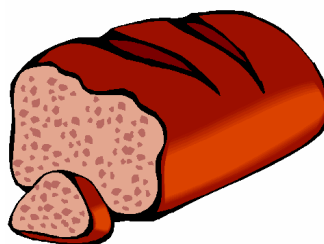
Closing Prayer

Almighty God,
we receive new life
from the supper your Son
gave us in this world.
May we find
full contentment
in the meal
we hope to share
in Your eternal kingdom.
All: Amen.

-Source Unknown



One
Bread,
One
Body



Thank you to Christine Kwiatkowski for sharing her liturgy.

Designed by Les Miller and Melinda Rapallo
York Catholic District School Board

*In preparation, you will need a bible,
some bread, paper towels, and a basin
with water.*

Introduction

Today, on this Holy Thursday, we gather to break bread together. We are one bread, one body on this day and we remember.



Opening Prayer

Jesus, we gather in Your Name,
Disciples,
Like Peter, a rock that rolled,
Like Thomas, a blind heart,
Like Judas, an impatient penitent.
We too are broken
Crushed by the cross,
Afraid of endings,
Fleeing from safety.
We gather to break bread
with You knowing that Your
brokenness is blessed,
You assemble the shards of
our life, into a beautiful design
Visible only from heaven's gate.



We know that our pain is Your pain
We are the bread You break,
We are the wine You pour,
And that You have consecrated us
with Your love,
Give us strength to live as Your beloved.
Amen

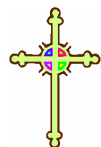
-Source Unknown

Gospel Reading: John 13:1-15

Let us listen to the words from the Gospel
of St. John.

The Gospel of the Lord.

All: Praise to You, Lord Jesus Christ.



Reflection

I have often wondered what each of
the disciples must have been feeling at the
final meal as Jesus knelt down in front of
them and began to wash their feet. Con-
fused? Fidgety? Uncomfortable? Perhaps
embarrassed by the strangeness of it all?
We are told only about Peter. And Peter,
we know, certainly had a hard time with it,
insisting that there was no way that Jesus
was washing his feet. But then quietly and

gently, Jesus explained that unless Pe-
ter allowed him to do this, he could
never truly be one with Jesus.

In a way, how can we blame Peter?

Put yourself in his shoes, so to speak,
and imagine Jesus kneeling at your
feet. Feel him gently stroking each
foot as he washes it. How do you
feel? After all, to allow someone to
wash your feet is a very personal mat-
ter. It means letting someone see you
as you really are—warts and all. And
letting someone see the real you
means becoming vulnerable, admit-
ting your imperfection. And let's face
it—it is much easier to be the one in
control than the one in need.

-Source Unknown

