

Maundy Thursday. Use these prayers at home, remembering the night Jesus gathered with his friends to pray together before his death and resurrection. May you know Christ's presence with you as you share prayers, scripture and a meal.

This is the day that Christ the Lamb of God gave himself into the hands of those who would slay him.

This is the day that Christ gathered with his disciples in the upper room.

This is the day that Christ took a towel and washed the disciples' feet, giving us an example that we should do to others as he has done to us.

This is the day that Christ our God gave us Christ's holy feast that we may proclaim his Holy Sacrifice and be partakers of his resurrection and at the last day may reign with him in heaven.

A Reading from John:

During supper Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going to God, got up from the table, took off his outer robe, and tied a towel around himself. Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was tied around him. He came to Simon Peter, who said to him, 'Lord, are you going to wash my feet?' Jesus answered, 'You do not know now what I am doing, but later you will understand.' Peter said to him, 'You will never wash my feet.' Jesus answered, 'Unless I wash you, you have no share with me.' Simon Peter said to him, 'Lord, not my feet only but also my hands and my head!' Jesus said to him, 'One who has bathed does not need to wash, except for the feet, but is entirely clean. And you are clean, though not all of you.' For he knew who was to betray him; for this reason he said, 'Not all of you are clean.'

After he had washed their feet, had put on his robe, and had returned to the table, he said to them, 'Do you know what I have done to you? You call me Teacher and Lord—and you are right, for that is what I am. So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have set you an example, that you also should do as I have done to you. Very truly, I tell you, servants are not greater than their master, nor are messengers greater than the one who sent them. If you know these things, you are blessed if you do them.'

Washing

On the night before his death, Jesus set an example for his disciples by washing their feet, an act of humble service. He taught that strength and growth in the life of the kingdom of God come not by power, authority, or even miracles, but by such service to one another.

As you are comfortable and able, I encourage you to wash the hands or feet of one another, remembering this call to loving service. And alone, and through the rest of the pandemic, as you wash your hands, remember that it is in the spirit of such care.

Prayer Over the Wine

Blessed are you, O Lord our God, Ruler of the universe. You create the fruit of the vine; and you refresh us with the cup of salvation in the Blood of your Son Jesus Christ. 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.

Prayer Over the Bread

Blessed are you, O Lord our God, Ruler of the universe. You bring forth bread from the earth; and you have fed us on our way with the bread of life in the Body of your Son Jesus Christ. Let us be fed again soon with that bread of life. And 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.

Prayer Over the Meal

Father, we spread this table to remember the loving sacrifice of Jesus Christ, your Son. Accept all we offer you this day. Bind us together in his love and in the love he has commanded us to bring one another; through Jesus Christ our Lord. Amen.

Prayers After the Meal

From the rising of the sun to its setting, let us pray to the Lord.

That the people of God in all the world may worship in spirit and in truth,
let us pray to the Lord: Lord have mercy.

That the Church may discover again that unity which is your gift,
let us pray to the Lord: Lord have mercy.

That the nations of the earth may seek after the ways that make for peace,
let us pray to the Lord: Lord have mercy.

That the whole creation, groaning in travail, may be set free to enjoy the glorious liberty
of the children of God, let us pray to the Lord: Lord have mercy.

That all who with Christ have entered the shadow of death may find the fulfilment of life
and peace, let us pray to the Lord: Lord have mercy.

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, the power, and the glory, for ever and ever. Amen.

Holy God, source of all love, on the night of his betrayal Jesus gave his disciples a new
commandment, to love one another as he loved them. Write this commandment in our
hearts; give us the will to serve others as he was the servant of all, who gave his life and
died for us, yet is alive and reigns with you and the Holy Spirit, one God, now and for ever.
Amen.

Baked Bannock Recipe

- 3 cups all-purpose flour
- 2 tablespoons baking powder
- 1 pinch salt
- 1 1/2 cups water
- 1/4 cup vegetable oil

This is the recipe I use for the communion bread when I visit Frog Lake. The ingredients are so simple, the best flavours and textures truly come from how you lovingly knead it. I think there's a good metaphor and prayer in that.

1. Preheat the oven to 400 degrees F
2. In a large bowl, mix together the flour, baking powder, salt, water and oil. Knead on a lightly floured surface for about 10 minutes. Let it rest for a minute, then spread out onto a cookie sheet to 1 inch thickness. Poke holes in the dough using a fork.
3. Bake for 15 to 20 minutes in the preheated oven, until the bottom is golden.