

## **At your table, Lord**

Bountiful God,

When we eat this bread,  
and drink this cup,  
remind us that it is at your table  
that we do it;  
a table weighed down with good things,  
a table full to overflowing.

Remind us that we have neither earned,  
nor deserve,  
what you freely give.  
For it is to the starving that you bring satisfaction  
whereas the full you send away empty.

Help us to respond to your invitation  
by sharing what we have received,  
by breaking the body and blood of creation with love and reverence,  
and by adjusting our own wants so that no one is turned away.

*Ged Johnson/CAFOD*