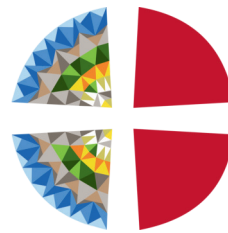




Susanna's Table

Yorkshire West
Methodist District



Lent Resource 2025



Contents

1. Introduction - Page 5

- a. Welcome - Page 6
- b. Why meet around the table? - Page 6
- c. Why Susanna's table? - Page 7
- d. You and Your Context - Page 8
- e. So What Might A Susanna's Table Look Like? - Page 9
- f. Feasting/Fasting in Lent - Page 10
- g. The Same, But Different - A note about noticing - Page 11
- h. The Same, But Different - A note about Susanna's Table in the Online Space - Page 13

2. Susanna's Table & Soul Food (Connexional Lent Resource) - Page 16

3. Menu of Resources - Page 17

- a. *Starter* - Page 19
 - i. Gathering Activities & Prayers - Page 20
- b. *Main Courses* - Page 23
 - i. Getting to the Heart of It - Page 24
 - ii. Bible Passages - Page 25
 - iii. A Moveable Feast - Page 26
 - iv. Lectio Divina - Page 28
 - v. Prayer Walking & A Meal - Page 30
 - vi. Meeting in a Pub/Coffee Shop/Restaurant/Fast Food Place - Page 34
 - vii. Meeting in a Canteen/Office/School - Page 38
- c. *Desserts* - Page 41
 - i. Closing Reflections & Prayers - Page 42
 - ii. Examen - Page 44
- d. *Sides* - Page 47
 - i. Pancake Parties - Page 48
 - ii. Maundy Thursday - Page 50

4. Planning your Susanna's Table - Page 53

- a. Time to Plan - Page 54
- b. District Funding - Page 54
- c. Lent Season Planning Sheet - Page 55
- d. Event Planning Sheet - Page 26
- e. Example Planning Sheets - Pages 57-60

5. Guidance - Page 61

Other Resources

Alongside the resources in this book the following resources are available to support you with your Susanna's table.

ON THE DISTRICT WEBSITE

www.ywmethodist.org.uk/susannas-table/

- PDF version of this resource.
- Easy to print versions of:
 - Opening & Closing Prayer Responses
 - Name Place Cards
 - Bible Passages for each week
- Editable planning sheets for the whole of Lent and for individual events.
- Application form for a District Grant of £250 towards your Susanna's table.

FROM THE DISTRICT OFFICE

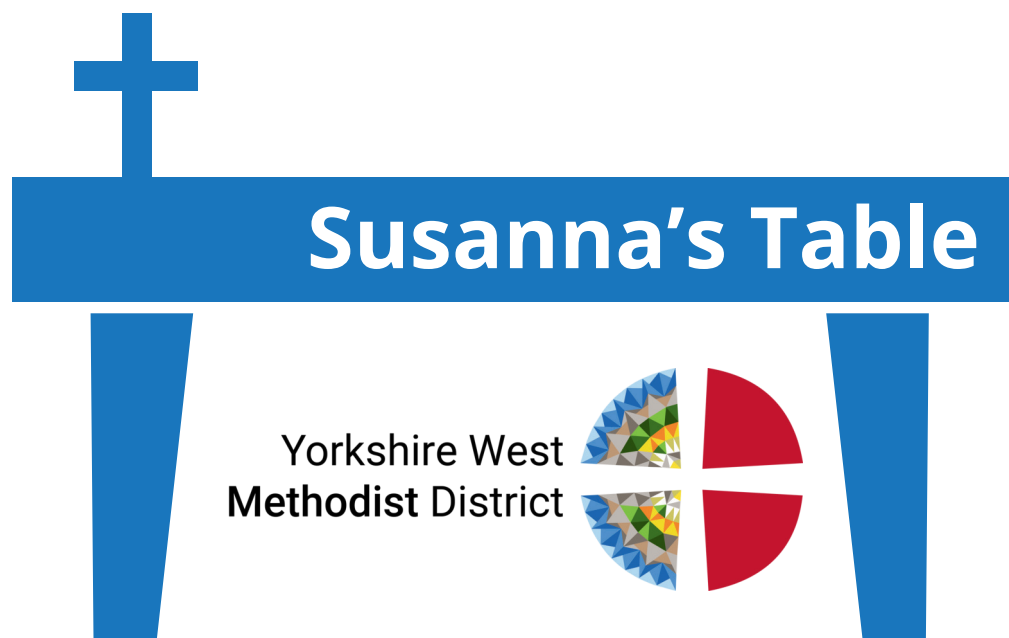
- Printed copies of this resource.
- Name Place Cards

If you would like any of these resources please contact Lesley by email (admin@ywmethodist.org.uk) or phone (01274 442670) who will be happy to post them to you or arrange for you to collect them.

FROM THE SUSANNA'S TABLE TEAM

- Openness and delight to chat about Susanna's Table and offer any help we can, please do get in touch:
 - Guy Austin-Bride, guy@lswmethodists.org.uk
 - Lyndsey Evans, levans@aireandcaldercircuit.org.uk
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 - Carla Quenet, quenetc@methodistchurch.org.uk
 - Andrew Stead, revstead@outlook.com
 - Becki Stennett, becki.stennett@methodist.org.uk (*On Sabbatical from 26/12*)

INTRODUCTION



Day by day, as they spent much time together in the temple, they broke bread at home and ate their food with glad and generous hearts, praising God and having the goodwill of all the people. And day by day the Lord added to their number those who were being saved. (Acts 2: 46-47)

WELCOME TO OUR SUSANNA'S TABLE LENT RESOURCE PACK!

In this resource, we are hoping to encourage you to

- meet around a table, where you might:
- extend a welcome to others.
- offer hospitality.
- be radically inclusive.
- come to understand afresh the power of meeting around a table.
- notice what happens when we meet in different ways as Church.

This pack is filled with ideas and guidance, liturgies and prayer resources to enable you to try something new, which suits you and your context well, as you travel through Lent.

We hope that you will consider first and foremost what your table gathering will look like. One way or another, most gatherings will probably be in the form of a community meal: however big or small the menu is, however many or few are gathered, we hope that you will be inviting people along, sharing food and drink together, and that, in doing so, you'll be engaging in deep prayer and reflection about your community, and the goodness of God.

WHY MEET AROUND THE TABLE?

The verses above from Acts chapter 2 are probably quite familiar to you. They describe how the earliest gatherings of the Christian church happened – Christ-followers not only attending the temple, but also spending time together daily, sharing food, and welcoming others in.

Gathering for food and fellowship, and extending hospitality to all is well evidenced in scripture, and in various ways throughout Christian tradition, though perhaps it's not something we do as much of now as an intentional expression of faith and fellowship on a regular basis.

When we meet around the table, whether as part of the sacrament of Holy Communion, or for shared food in some other way, we are invited to address the needs of our bodies, and our spiritual needs too; we come into a space where knowledge, understanding and experience are set to one side and the needs of all are considered equal; and we are challenged to serve others and be served by others, finding blessing in both.

This Lent, we are inviting you to meet around a table that is not the communion table (though we hope you carry on meeting there too!), but a table where food and fellowship are shared, where prayers and possibilities are uttered, and where together with those known and not yet known by you, the love of God is expressed and explored.

WHY SUSANNA'S TABLE?

We're taking inspiration from Susanna Wesley's well worn table, which was the centre of the household. Whether feeding the family or encouraging them in devotions, or being the place of developing learning and discipleship for her family and the wider community, this table was not one of abundant food provision, but abundant care and attention paid. She was the mother in an impoverished family, a meditative disciple, and a powerful Christ-centred witness to the wider community. You may already know that Susanna's Table is a project in development, and one which envisages building communities around tables in a much broader and longer lasting iteration than a Lent programme. But we hope that this encouragement to gather at the table this Lent will be one which inspires thought and prayer for what we might be called to explore next as disciples and witnesses in our communities.

Of course the table is both a physical symbol and a vision of the hospitality of heaven within the Christian tradition. Ultimately, we are called to receive the hospitality of Christ and extend it to others, and the table offers a place for this.

So there's this table.

It's a simple table but it's well made, because it was made by a carpenter.

The guy who made it is a poor man, but he's generous. He offers a place at the table to anyone who wants to sit and eat. This is a table started in one place but now it can stretch down every street, and it can go into every home, if people want to sit there...The poor man's name is Jesus...and if you sit at his table he will feed you and he will ask you to feed others; he will serve you and he will ask you to serve others; he will love you and he will ask you to love others.'

YOU AND YOUR CONTEXT

This resource pack is deliberately varied, with a pick and mix flexibility. We hope that you will find that there are ideas and resources which feel familiar and easy to engage with, as well as some ideas and resources that will enable you to do something new, perhaps out of your usual comfort zone, maybe as a one-off or several times across the season.

To get the best out of this pick and mix selection, it's important to pay close attention to your own context. Here are some questions to help you to consider this carefully:

- **Where are you?**

- Are you near to a city/town/market town centre?
- Are you in a mainly rural context?
- Do you already have particular links with the local community that could be strengthened through Lent?

- **Who are you?**

- Are you a busy church with lots going on or a smaller fellowship?
- Do you have regular house groups/cell groups/fellowship groups?
- Have you already got an established pattern for meeting during Lent?
- Do you have young families within your fellowship?

- **What have you got?**

- Do you have lots of fit and willing volunteers to try a large or very new venture?
- Do you have a dedicated but less able group who want to try something new but manageable without vast amounts of human-power and energy required?
- Do you have people experienced in providing and preparing food, or would a bring and share arrangement work better?
- Do you have a kitchen at your church building that could be put to a new use this Lent?

When you've taken time to consider your own context and resources, it's likely that the rest of this pack will make more sense, and you can pick and choose what suits you best - it's likely no two programmes will look exactly the same, but perhaps you can share your plans with neighbouring churches and fellowships, inspiring others with the different ideas you have!

SO WHAT MIGHT A SUSANNA'S TABLE BE LIKE?

With every Circuit, Church, and Community being so different, every Susanna's Table gathering will be different too. But here we hope to give some idea about the things the different gatherings might share in common, and what your gathering might look and feel like when Lent arrives.

Firstly, the meeting around the table is the central premise that is shared across the many different gatherings. Wherever your table is and whoever is invited to gather around it is up to you. Hopefully the questions above will help you to reflect and prepare a programme that is suitable to your context.

Secondly, when you gather around the table, hospitality is offered, as is the opportunity to speak with others, share fellowship, and explore faith together. There could be endless ways of doing this, but we hope the menu of resources below will offer you some inspiration and encouragement.

Take some time as a planning group to peruse the various items on the menu, being mindful of your context, and exploring together how you can use this time to deepen discipleship, offer encounter and notice what God is doing around you.

Don't be afraid to take risks, especially when it comes to trying something new in place of a well established pattern or tradition. Sometimes these new things will be the right things, and sometimes they won't. We're not meant to get things right all of the time, but following Jesus means we're certainly invited to take risks, and venture down paths that seem unfamiliar.

It might feel unsettling, but perhaps you'll be blessed with a whole new perspective on why we do certain things in certain ways, and a desire to make some changes where they're needed too! This will all be very dependent on the way you engage with your context and the suggested resources, so be bold as you feel able!

FEASTING/FASTING IN LENT

Lent has rightly been considered a time of fasting since the Early Church gathered and observed 40 days of fasting prior to their Easter celebrations. This connects us to the time of deprivation Jesus experienced in the wilderness during his period of temptation, and also harks back to other times of fasting such as Moses and Elijah both spending 40 days in mountainous environments without food or water, to pray and meditate on God. It may seem strange, then, to consider spreading tables with abundant hospitality during a time that we associate with abstinence.

This is certainly a contradiction, and perhaps the best way to deal with it is to journey with the discomfort, and see what you notice about yourself, or about your group, as you travel with the contradiction.

- Does it change the way you prepare for Holy Week and Easter?
- Does feasting affect your ability to reflect and meditate during this holy season?

The answers to these questions may vary from person to person, but do consider opening up an honest and vulnerable conversation together with others about this.

You might find it helpful to remember these pointers too:

- Every Sunday in Lent is still considered a feast day, as every Sunday is understood within wider Christian tradition to be a celebration of the day of resurrection. This is reflected in the calculation of the 40 days of fasting in Lent – 6 days per week for 6 and a half weeks. So perhaps Sunday feels like a more comfortable choice for your gatherings.
- Fasting has often, perhaps usually, been associated with food, but can also be understood as being an opportunity to put something aside that prevents one's full attention from being devoted to prayer and meditation. In a modern context, there are many Christians who choose to fast from social media, for example, in recognition that keeping up with digital communities is one among a selection of things which takes a lot of time and attention for some. For others, there might be a fast from alcoholic drinks, or some other indulgence. These are things that can fit alongside your feasting for this programme if that feels best to you. Again, perhaps this might make for a good reflective conversation with others in your context.
- Fasting is the privilege of those who have plenty. It's not a bad thing to do at all, and is a key spiritual experience for many. However, it's good to remember that fasting as a spiritual practice is a privileged choice because it assumes that the fasting person has the option to either indulge or abstain. Many of our siblings around the world and in our own communities do not have the option to choose food or fasting, because their resources are so limited. Maybe as you explore feasting together in your community this Lent, rather than frugality you might explore inviting people to an abundant sharing of food, remembering that for some this might provide an opportunity that is not always open to them – to have full stomachs and joy in eating good food.

THE SAME, BUT DIFFERENT – A NOTE ABOUT NOTICING

As the pattern of the Church Year rolls round each twelve months, starting on Advent Sunday, perhaps it's fair to say that the familiarity and repetition of seasons and festivals can be both beneficial to some and burdensome to others.



Each year, we know the path we'll take, from awaiting Christ's birth (and his return), through his presentation at the temple, baptism, temptation, ministry, death and resurrection, Ascension and promise of the Holy Spirit, fulfilled at Pentecost. (You can add other little markers to that list if you like too!)

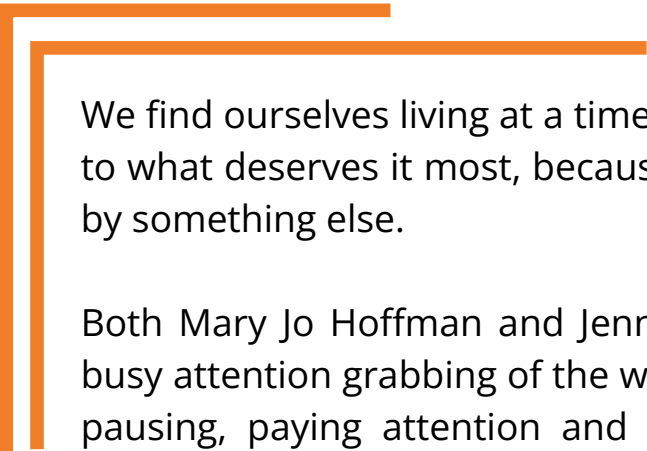
For some people, that regular pattern brings comfort and a rhythm that feels helpful. For others, there's a challenge associated, which is about making each year feel fresh and like a new challenge as well as a familiar routine. This year, we're inviting you to notice what happens when things are done differently, but you might first consider quite carefully what remains the same about the way you're meeting and what feels different.

The artist Mary Jo Hoffman published a book in 2024 in which she displays about 300 photographs taken over more than a decade in which she engaged in a project called 'STILL'. The concept was very simple: every single day, to find something in nature and photograph it, on a white background, with very minimal image manipulation. By her own admission, she broke every rule except one – she didn't miss a single day, for more than a decade. As well as taking the photographs, Mary Jo has also written words to reflect on this project, and even some of the words in the introduction to her book are profound. She speaks of realising that it became increasingly clear to her that the project was about paying attention, and notes the following:

'Finding each day's subject required me to live more often than not in a heightened state of awareness that I found made me extraordinarily happy, because I was not just sleepwalking through the obligations of a busy life but seeing, and noticing, all the time... I was feeling rooted and invested in a way I never had before, which led increasingly to feelings of connectedness and stewardship. I was tapping into ancient rhythms and knowledge that felt intuitive and good'

Mary Jo Hoffman 'STILL: The Art of Noticing' (New York: Monacelli, 2024) From the Introduction.

Later, Mary Jo reflects on reading Jenny Odell's book 'How to Do Nothing: Resisting the Attention Economy' which speaks of a world in which our individual and communal attention is grabbed at constantly by social media, commercial enterprise and financial markets among other interested parties.



We find ourselves living at a time when often our attention is not ours to give freely to what deserves it most, because we discover it has already been commandeered by something else.

Both Mary Jo Hoffman and Jenny Odell invite and encourage a resistance to the busy attention grabbing of the world, and suggest we foster an attitude of noticing, pausing, paying attention and allowing our attention to be given to the most deserving facets of living.

This Lent, gathering around a table might feel like something new, but it's very very old. At the same time, meeting for reflection together during Lent might feel very worn in and comfortable to you, but perhaps with these resources it can feel fresh and new.

We hope you'll feel encouraged to do something, or somethings, that in one way feels the same, but in another feels different, and that you'll experience that wonderful feeling Mary Jo refers to - an extraordinarily happy feeling that comes from noticing and paying attention to what and who is around you, and you might get to know them better and be changed by that deepening relationship.

THE SAME, BUT DIFFERENT - A NOTE ABOUT SUSANNA'S TABLE IN AN ONLINE SPACE

As you will see when you read this resource, much of Susanna's Table is designed to be lived around an onsite table with refreshments and hospitality. However, we believe expressions of Susanna's Table can also gather in the online space.

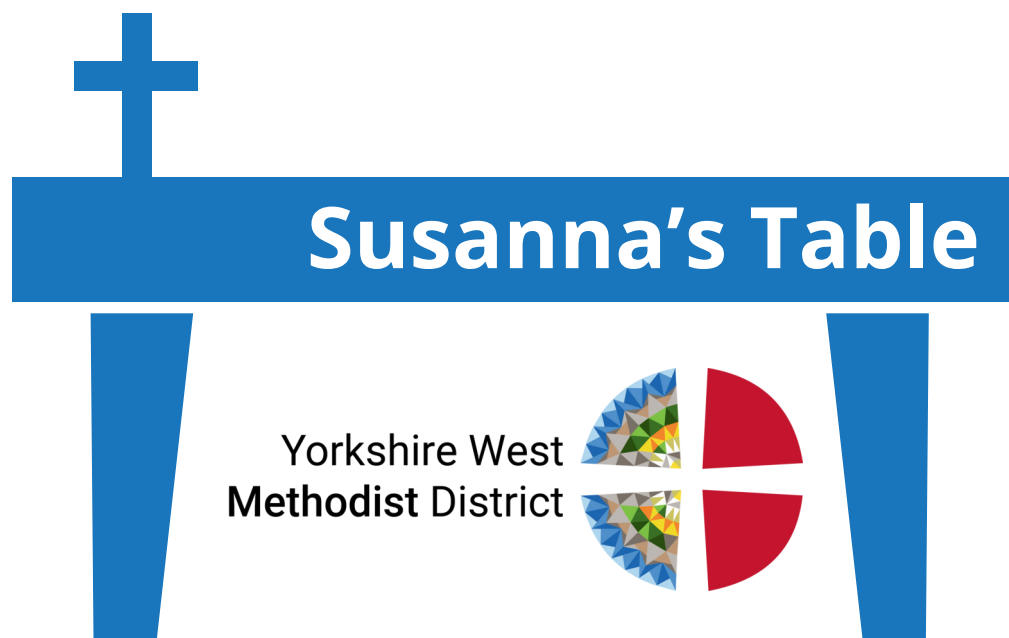
If you are planning to gather online for your Susanna's Table you might like to ponder these questions as you plan:

- What is the best online platform for you to gather in? How will it feel like you are gathered together in an online space?
- How will you offer hospitality in the digital space? Could you post people a hospitality pack in advance with a tea bag or biscuits. Could you invite people to bless each other with a treat to share at the time of your gathering?
- Some of the Main Courses will be more applicable to the online space than others. We suggest the Lectio Divina or the Gathering in a Coffee Shop resources are easy to adapt.
- Each of the Main Courses ask you to consider a Risk Assessment for your activity. The online space is not risk free so you will still need to undertake a Risk Assessment and think about your Safeguarding practices.

Church without a Chapel is an online church based in the Aire and Calder Circuit. They will be offering a Susanna's Table during Lent. If you or someone you know would like to join an online Susanna's Table but do not want to or are unable to create if yourself Church without a Chapel would be delighted to welcome new people to their table. For more information please visit: www.facebook.com/MethleyMethodistChurch



SUSANNA'S TABLE & SOUL FOOD



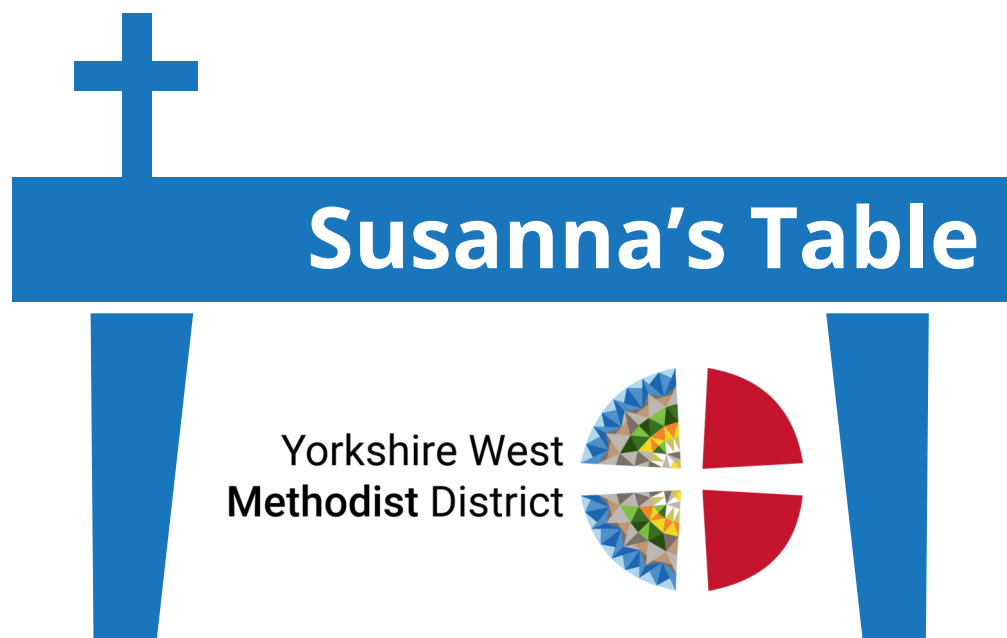
This year, the Connexional Team have chosen the theme of 'Soul Food' for the Lenten resource they are producing. We are very pleased to discover there is so much in common between the thoughts and ideas developing in Yorkshire West and those thoughts and ideas developing in other places, in this case in the Evangelism and Growth Team. We are really pleased to signpost you towards the Soul Food resource throughout our pack, because the best pick and mixes are the ones with greatest variety!

You might get an idea for how your table gathering will look from Susanna's Table and then turn to Soul Food for the Sunday resources, or some craft ideas for the gathering you'll have. It's well worth you signing up to the emails from Soul Food for their reflections and even recipe ideas each week, which are built around food items commonly found in food banks.

The Soul Food Resources can be found here: www.methodist.org.uk/SoulFood/



MENU OF RESOURCES

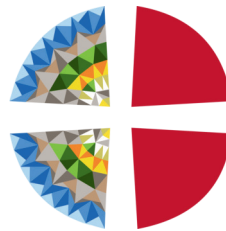


Starter



Susanna's Table

Yorkshire West
Methodist District





Gathering Activity & Prayers

Every expression of Susanna's Table will be different, which is something to rejoice in. At the same time a core hope is that each of the tables that gather during Lent (and maybe beyond) will have some elements in common. We hope that in each place where a gathering happens, these Gathering Activities & Prayers will be used along with the Closing Reflections & Prayers and/or examen, which are described here and are also available as printable sheets on the Susanna's Table webpage (www.ywmethodist.org.uk/susannas-table/).

You might like to start with the gathering activity, and then move on to the responsive prayer together, or it might work better for you to switch the two around. Give some thought to whether your particular gathering will benefit from everyone being invited to pray the words together. It will depend on what your gathering looks like, but you might find it's more appropriate at first for the hosting team to pray, but for the whole gathering to be invited to take part in the gathering activity, or you may all be ready to pray the words together.

GATHERING

As you gather invite each person to design a place name card, adding their name and a word, sentence or drawing that expresses how they are or feel as they arrive at the table. Use a new place name card each time you meet.

Explain that when we gather around a table we gather as people who want to know each other by name as God knows us by name, that however we are or feel we are welcome at the table and that most of all we are known and welcomed by God as we gather.

When everyone is gathered and has completed their place name invite everyone to introduce themselves by saying 'My name is and today I bring/feel/am ...' and then to put their place name where it can be seen.

Allow each person to speak and thank them for their contribution but don't invite or allow others to respond to what has been said. This enables the space to feel safer.

After everyone has spoken you may want to listen to a piece of music together to help people settle into the space together and reflect on how the community are as they gather.

One suggestion is Cathy AJ Hardy's Come to the Table which can be found here:

<https://open.spotify.com/track/0FDreMJixZUiXYazfVZH0J?si=105433b2f9f74d09> but feel free to choose a piece which feels suitable for your gathering.

PRAYERS

These prayers have been written as responsive prayers. You could offer them by a leader saying the words in light type and the group the words in **bold** type or one half of the group saying the words in light type and the other half those in **bold** type.

We gather from North and South, from East and West.

We come knowing God has been with us.

We gather from different tasks, roles, places and responsibilities.

We come knowing God has been with us.

We gather at this table to be together.

We are here knowing God is with us.

We gather at this table to notice, to pray and to seek God.

We are here knowing God is with us.

God, who in love creates all,

we offer you our praise and thanks.

God, who in Christ redeems all,

we offer you our praise and thanks.

God, who by your Spirit sustains all,

we offer you our praise and thanks.

Loving God, for those times we have forgotten your love, **forgive us.**

for those times we have forgotten the Kingdom way of Christ, **forgive us.**

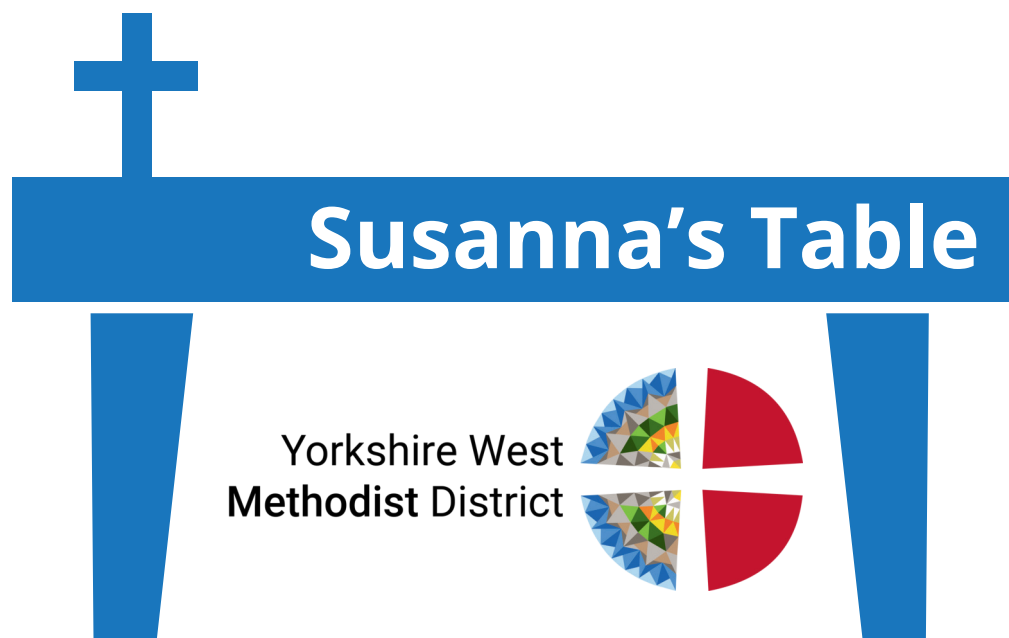
for those times we have forgotten the sustaining power of your Spirit, **forgive us.**

May each of us hear and know, that God forgives our sins

and calls us to continue to journey with God. **Amen.**



Main Courses



Getting to the heart of it

Just like any good family, the choice of main course will vary from person to person, or, in our case, from gathering to gathering.

You may already have an idea about whether your gathering is going to be big or small, inside or outside, mainly for people not already part of your worshipping community, or hopeful one inviting and including a few folk not part of the church to gather with a group made up mostly of those familiar with Church.

Whichever decisions you've already made, take a look through the resources on the next few pages and perhaps you'll find one or two to fit your context, either as one off events or a regular gathering.

Don't forget that your plans can change – this is your Lent gathering, and it might just grow and shift over the weeks you gather. Don't be worried about this! As long as everyone is kept well informed about what is going on, let your gathering transform and grow as it needs to, and keep in touch with others too to hear what they're upto.

The best ideas are usually pinched from others!

Bible Passages



Many of the Main Courses include a Bible Passage and this table suggests ones for each week of Lent. You'll notice that some of the weeks follow the weekly Lent lectionary, and some weeks don't. This is a deliberate choice, and reflects two crucial elements of this programme.

- Firstly, the choice to include some weeks where the bible readings do not follow the lectionary enables us to keep the theme of the table gathering central throughout.
- Secondly, it's helpful to remember that this is not a resource intended for use primarily on a Sunday, though it might be you choose to use it that way sometimes.

This pick and mix of ideas is designed to encourage you to do something very ancient, but fresh to the feel, as you meet around a table, whichever day of the week fits your context best.

Ash Wednesday	5th March 2025	Matthew 6:1-6 & 16-21
Lent 1	Week Commencing Sunday 9th March	Luke 4:1-13
Lent 2	Week Commencing Sunday 16th March	Psalm 23 and Psalm 78: 1-20
Lent 3	Week Commencing Sunday 23rd March	Matthew 22: 1-14 and John 2: 1-11
Lent 4 Mothering Sunday	Week Commencing Sunday 30th March	Luke 15: 1-3, 11b-32
Lent 5 Passion Sunday	Week Commencing Sunday 6th April	John 12: 1-8
Palm Sunday	Week Commencing Sunday 13th April	Luke 19: 28-40 and 45-48
Maundy Thursday	17th April	John 13: 1-17, 31b-35
Easter Sunday	Sunday 20th April	Luke 24: 1-12
Post Easter Thinking	...	Luke 24: 13- 35

A Moveable Feast

WHAT IS IT?

Not just a book by Ernest Hemingway!

This Main Course involves taking a portable table into a city or town centre, laying it with food and gathering people who pass by for conversation, food and fellowship.

WHERE MIGHT IT WORK?

This feasting requires a significant footfall, a busy place. It's best suited to city or town centres, or a market square maybe. You know your context best, so take time to think about where exactly this might work and which day of the week is likely to be busy enough for this to have a big impact.

There is a significant set-up needed for this, so you will need a good number of fit and willing volunteers to enable it to work well. You might need to think about carrying and setting up a table, transporting food stuffs, facing whatever the weather might throw at you(!) and having enough people to enable serving of food and make sure the conversation flows.

WHO IS IT FOR?

This Main Course is for those who don't yet know they're invited! The people who are present in the centre you choose, for whatever reason. Perhaps they're working, perhaps shopping, perhaps struggling with homelessness. Maybe young families will be interested - all are invited!

WHAT DO YOU NEED?

- A table.
- A tablecloth.
- Place-cards and pens.
- Prayer/conversation resources if you want to use them.
- Food and drink of your choosing! (and something to serve it on/in/with!).
- Safely recruited volunteers.
- Guidance and health and safety/safeguarding policies.
- A full risk assessment (shared with volunteers, and with you on the day).
- A conversation with local authorities about what you're planning.

WHAT'S GOING TO HAPPEN?

- Set up the table (and chairs!).
- Invite people who pass to stop and eat and talk.
- Engage in conversation and see what surprises you! You might like to bring along resources like the 'Conversations against Mundanity' game, or some conversation starters. Or perhaps you'll have the best conversations simply talking about why you're there extending hospitality to others.
- Offer prayer or Bible resources to take away if appropriate.



Lectio Divina



WHAT IS IT?

One of the ways you can feast at your table is through reflecting on scripture together. Rather than a Bible Study with questions, this way of feasting is based on the ancient tradition of Lectio Divina. It is adapted to ensure that, as well as encountering God's word we invite the Holy Spirit to help us consider what these passages are inviting us to embrace and engage with in our local communities.

WHERE MIGHT IT WORK?

This could be used in a variety of contexts, but perhaps works particularly well in a small-medium sized gathering. You'll need to be able to hear each other well, so indoors in a not-too-busy context will work best.

WHO IS IT FOR?

This is for people who feel able to share a Bible passage together. It could be used in conjunction with some of the other ideas in the Main Courses section, or on its own as the main focus of the gathering.

WHAT DO YOU NEED?

- A table.
- A tablecloth.
- Place-cards and pens (for Starter Gathering and Opening Prayer activity).
- A copy of the Bible reading for every person (see above for the reading suggested for each week in Lent, printable copies are on the District website here: www.ywmethodist.org.uk/susannas-table/).
- Food and drink of your choosing! (and something to serve it on/in/with!).
- Safely recruited volunteers.
- Guidance and health and safety/safeguarding policies.
- A full risk assessment (shared with volunteers, and with you on the day).

WHAT'S GOING TO HAPPEN?

- Set up the table (and chairs!) and make sure everyone has a copy of the Bible reading for the day, and that the person leading the Lectio Divina has the guide below.
- Follow the step by step guide on the next page to lead you through the Lectio Divina.
- Reflect together, and continue those reflections as you eat together after the Lectio Divina.

INSTRUCTIONS

1. Invite someone around the table to read the passage aloud. As the passage is read invite people to notice a particular word or phrase that stands out and to underline it.
2. Hold silence together for a few moments.
3. Invite someone different from around the table to read the passage aloud a second time. As the passage is read invite people to notice again a particular word or phrase that stands out and to underline it. It may or may not be the same word or phrase.
4. Hold silence together for a few moments.
5. Invite each person to share the word or phrase that has stood out to them. Don't invite comment about these but just share them.
6. Hold silence together for a few moments.
7. Invite everyone to share what they have noticed from the words and phrases that have been shared. Were there common words or phrases? Was there a significant word or phrase you heard differently when it was shared? If you wish share why you feel yours have stood out for you.
8. Invite someone different from around the table to read the passage aloud a third time. As the passage is read invite people to consider what this passage might mean for the local community you are meeting in.
9. Hold silence together for a few moments.
10. Discuss together what God might be saying to the group through this passage. You may find these questions helpful:
 - What might this passage mean for us this Lent?
 - Is this passage inviting us to respond to our local community in any particular way?
 - How might we share this passage and what we have discovered within it this week?
11. Hold silence together for a few moments.
12. Turn to one another and say thank you for sharing in this feasting together.



Prayer Walking & A Meal

WHAT IS IT?

The name of this activity gives it away a bit! In this Main Course, you're invited to walk, pray, and then share a meal with others, or perhaps the other way round!

It's all about paying close attention to your local area and praying for its different places and people. There are several different ways that you can engage in prayer walking, and there are a few ideas below, or you may have your own.

Don't forget the encouragement to meet around a table for food. You could either meet for food first, and then go for a walk, or meet for lunch after a morning walk perhaps. You can decide what works best. Depending on where you're walking, your prayers could extend to practical action, like delivering some food to individuals or communities in need.

WHERE MIGHT IT WORK?

The wonderful thing about prayer walking is that it can work absolutely anywhere that there are safe routes to walk along. This can work in urban, rural, suburban, even industrial places.

The key is to consider your route before you start.

- Do you want to keep the route the same each time, if you're planning to do this more than once?
- Does a circular route which begins and ends at a particular location work for you, or would you like to start in one place and end in another?
- Will your church feature as a starting, stopping or pausing point?
- Are there places, people or groups that you especially want to pray for, which you can incorporate along your route?
- Are the paths accessible for all who would like to take part? Consider whether the wheels of pushchairs and wheelchairs can navigate the route, and whether the route is the right length for those who can't manage a long walk.

- You could use the Equality Impact Assessment tool to help you plan the route, as you prepare it in advance:

https://media.methodist.org.uk/media/documents/jds-branded-equality-impact-assessment-english-141222-march-2023_LVFZcgt.pdf

WHO IS IT FOR?

Prayer walking can be for almost everyone, if you can find routes that are of appropriate lengths and quality. Don't forget that 'walking' is quite an ableist term, but going on a journey together with prayer at its heart can include rolling or wheeling or scooting too.

You might especially enjoy exploring groups of similar or varied ages, those who know each other well, or a group who don't yet know each other well. You could have one particular time and day marked out for the walks, or you could have groups that meet on different days as suits them best.

This could also be something that people newer to church and faith practices might enjoy, so don't be afraid to invite people from the wider community to join in too. Just take time to consider how you'll make the prayer element welcoming and not intimidating. Will you incorporate activities or journalling as well as words?

WHAT DO YOU NEED?

- A route plan (one or more to suit you) with details either in map or instruction form, or both!
- A plan for the meal you'll share (always the same venue, or will it change?).
- A table and chairs.
- A tablecloth.
- Place-cards and pens if using the 'Starter' gathering resource.
- Prayer resources if you want to use them (see below for some ideas).
- Food and drink of your choosing! (and something to serve it on/in/with!).
- Guidance and health and safety/safeguarding policies.
- A full risk assessment (shared with volunteers, and with you on the day).
- A conversation with local authorities about what you're planning if appropriate.



WHAT'S GOING TO HAPPEN?

Simply put, you'll eat, then go for a walk and pray, or perhaps the other way round! Here are three different ideas to get you thinking about your own context and what might work well for you.

Stroll before your Supper

- For all ages.
- Mid-late afternoon (could be any day of the week).
- Walk followed by an evening meal (Is it a picnic? Is someone preparing a meal somewhere for when you finish?).
- Plan a route and make sure everyone knows where it will take you.
- Consider the number of stops you will make on your route to pray. Will these include familiar or usually overlooked places?
- If you have a range of ages and abilities, why not include prayer activities like drawing prayerful pictures, collecting leaves or twigs or take rubbings of street signs.
- Before you set off, remind everyone that this is about praying for the area, the people and the places you will encounter. Also reassure people by putting a time limit on each stop and informing them how the walk will proceed.
- If you have a range of ages and abilities, and your walk isn't a short one, maybe consider having somewhere to stop for a loo break nearby or part way round the route.

Munch and Walk Mid-Week

- For people to meet during the day mid-week.
- Lunch followed by a walk. (Is it in church, in a café, in a home? Will you use any of the other resources in this pack during the meal? Can you make the lunch open to all the community, and then invite those who are interested to come for the walk after food?).
- Plan the route and make sure everyone knows where it will take you.
- Consider the number of stops you will make on your route to pray.
- Whenever you stop for prayer, decide if you will invite open audible prayer, or if one person will lead the group in prayer, or if silence feels appropriate.
- You could encourage people to bring a prayer journal or sketch book with them to enable them to pray as they feel is best.
- Prayer walking isn't about stopping people and asking if you can pray for them, but if people are interested in what you're doing, you could always ask if they would like that.

Take time in the days following the walk to check in with each other, to see if and how you have continued to pray following the gathering.

Sunday Best

- For all the church family and the community too.
- A different way of worshipping on a Sunday.
- Plan a walk instead of the usual morning worship, meeting back at church for food afterwards, or perhaps planning a place to meet for a picnic! (Will some stay at church to prepare the food? Will everyone drop food off first? How will you ensure others who haven't brought anything will know they are welcome?)
- Advertise to the church family and the wider community that you're doing things differently on your chosen Sunday.
- Consider how you will include those who are less able to manage the walk.
- Consider the stops you will make on your route, and also the ways that you might pray in those places (you could use some of the other ideas above).
- Is it appropriate for you to have items to give away? Food for those in need? The 'Party Favour' resource or similar? Something you develop to let people know what you're doing, and inviting them to join you for lunch?
- When you've walked and prayed in different places, enjoy conversation over lunch about what the experience was like. Perhaps there are some prayers that people want to share with the group, as part of a time of sharing and devotion before eating.
- You might like to invite a preacher or Minister to join you for lunch and lead a short time of worship, in which you reflect on the experience of the prayer walk.



Meeting in a Pub/ Coffee Shop/Restaurant/ Fast Food Place

WHAT IS IT?

Meeting in our Church buildings might feel familiar to us, but probably isn't so familiar and comfortable for most of the people in the communities around us. In this Main Course, we're inviting you to go to where the people are! Perhaps you've had a Sunday off before and realised that there are people having a coffee somewhere on your High Street at the same time that Church gathers each week. Or maybe there's a restaurant or pub near you which is the hub of the village during the week. Here, we're encouraging you to go to those places where people already meet, where you might already be meeting with friends outside of a Sunday morning, and bring Susanna's Table into the eateries and watering holes of the local community.

WHERE MIGHT IT WORK?

The possibilities for this kind of gathering are directly related to the sort of meeting places there are in your local context. It could work in a wide range of places, and you may have even landed on where you might try this in reading the paragraph above! Don't be afraid to try somewhere new, but don't overlook the merits of meeting somewhere that you're already regularly attending, and perhaps even known. One key consideration about the venue, however, is the very practical question of how much space there is in the building itself. Make sure there's enough space for the group you imagine will start there **and** the size of the group that might grow into being too.

WHO IS IT FOR?

This may start as a gathering of people familiar with Church activities, but go into planning thinking of who the people meet in the places you're going to, and how they might be welcomed to your table, learning for the first time, perhaps, about God.

WHAT DO YOU NEED?

Below is the list of things that you might need, which is very similar to those things you might need if gathering in a Church space.

If you're gathering in a coffee shop, restaurant, fast food place or pub, make sure you consider first when you could have a conversation with the management about what you're planning to do, to ensure they're happy with you going ahead. There are some chain coffee shops, for example, who are very ready to welcome church groups, but some places which would not be so happy with a very visible gathering. You could ask them about their attitudes to different aspects of the gathering - are they happy for you to put a table cloth on the table? Are they happy for you to advertise? Would they like a booking to be made and perhaps a deposit paid for in advance?

- A table.
- A tablecloth.
- Place-cards and pens (for Starter Gathering and Opening Prayer activity).
- A copy of the Bible reading for every person (see above for the reading suggested for each week in Lent, printable copies are on the District website here: www.ywmethodist.org.uk/susannas-table/).
- Food and drink - are you going to open a tab for the food and drink, or ask people to pay? Could you pay for people to have refillable coffees in Wetherspoons, or a burger and chips in McDonalds? *Don't forget, no alcoholic drinks can be purchased with monies provided by the Methodist Church, or consumed on Methodist Church premises.*
- Safely recruited volunteers.
- Guidance and health and safety/safeguarding policies.
- Some understanding of risk assessment for sharing food and drink in this venue.



WHAT'S GOING TO HAPPEN?

This will be up to you, and the place you've chosen to gather. Make sure that the activities you choose help the group to feel relaxed and at home, as they would on any other occasion in this place.

Perhaps you'll start with the gathering activities and prayers. Then you might choose to take out the Conversations Against Mundanity resource, or use the Soul Food craft ideas. For some groups, reading the weekly Bible passage and simply inviting conversation will be enough, for others a Lectio Divina or Examen will be better suited.

Be ready to extend the invitation to those around you. If someone looks interested - welcome them to come and sit down with you. You'll also need to be ready to shape your meeting for those who join you as you go along, making sure your hospitality extends to the use of accessible language, and not carrying on with activities that cause distress or discomfort, if they are hampering your building of fellowship.

Afterwards, you could finish with the closing prayers, or perhaps save those for the hosting team when others have left to go about their day.

If the venue is happy with you advertising, think about creative ways of making yourselves known. The table cloth might be one way of standing out, but what about a small sign showing that you're from the local Methodist Church?

Meeting in a Canteen/Office/School

WHAT IS IT?

Many of us have busy days focussed in one particular place of work or study. It can be hard to think about where Susanna's Table fits in to those busy places with very defined timetables. Below, you'll find some encouragement and suggestions about how to meet in a place of work, or in your school, during a lunch hour or break time. Maybe your team gathers digitally and you could adapt this Main Course for the online space.

WHERE MIGHT IT WORK?

Meeting to offer hospitality and share fellowship can work in canteen, office and school environments, provided that the gatekeepers to those spaces are well informed and supportive of the idea. Before you do anything else, check with someone in a position of authority to sound out the idea, and ensure that you're not going to plan something that can't be brought to fruition because it would contravene guidelines or cause offence.

WHO IS IT FOR?

This 'Main Course' is for you if you are at school or in a place of work with set rhythms, and you're keen to gather and share hospitality and fellowship with others, bringing some of your faith to your weekday environments and companions. You might start with one or two others who share your faith, and perhaps others will join you as you go along.

WHAT DO YOU NEED?

- Permission of someone in authority to meet in this way.
- A table.
- A tablecloth.
- Place-cards and pens (for Starter Gathering and Opening Prayer activity).
- prayer/conversation resources if you want to use them, including Conversations against Mundanity- the Family Pack will be suitable for school gatherings.
- Food and drink of your choosing, unless people will bring their own anyway. You could maybe bring cakes to share alongside packed lunches!
- Guidance and health and safety/safeguarding policies.
- Some understanding of the risk assessments around gathering for food in this place.

WHAT'S GOING TO HAPPEN?

It might be that this changes quite a lot as the weeks go on, if you plan to meet a few times or across all of Lent.

As you gather, perhaps with one or two at first, you can decide whether you need one or two weeks just to meet in the space and plan what future gatherings will entail. Consider using the gathering activities and prayers in a way that is appropriate to your group, and think about how much time you have to spend together. It may be that the prayer and gathering activity ideas are enough to fill quite a lot of your time together, or perhaps you'll add in the Lectio Divina, or Conversations Against Mundanity, or a craft from Soul Food. Try to close with prayer, even if this can't be the whole group.

Bear in mind that in school and work contexts, people have other commitments that might take them away part way through your gathering, or cause them to arrive late. How can you use this resource pack in a flexible way to ensure people feel comfortable coming in and out?

Since this is likely to be a gathering limited by tight time frames, you may take time to consider how you'll keep in touch between gatherings. Could you have a WhatsApp Group, or all choose to try the Soul Food recipes each week and share your experiences somehow?

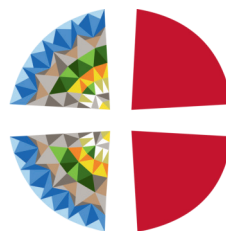


Desserts



Susanna's Table

Yorkshire West
Methodist District





Closing Reflections & Prayers

Every expression of Susanna's Table will be different, which is something to rejoice in. At the same time a core hope is that each of the tables that gather during Lent (and maybe beyond) will have some elements in common. We hope that in each place where a gathering happens these Closing Reflections & Prayers and/or the examen will be used along with the Opening Activities & Prayers. Do consider if your particular gathering is ready to pray out loud together. You can always look to the Take Away ideas for a prayer to send away with people if that feels more appropriate.

These activities and prayers are described here but are also available as printable sheets on the Susanna's Table webpage (www.ywmethodist.org.uk/susannas-table/)

REFLECTING

As you come to the end of your time together respond together to the following questions:

- What has surprised you?
- How have you encountered God?
- What have you discovered about your community? How will you respond?
- How might you continue feasting when you leave this place?

After you have shared in conversation together invite each person to respond to the two questions on the back on their place name card. When everyone has completed their card add them to a basket and then pass the basket around so each person has someone else's card as a prompt for prayer until you gather again.

PRAYING

Pray together for yourselves, your community and your world. You can do this in whichever way is helpful for those who have gathered. You may want to try:

- Praying in silence.
- Inviting people to pray out loud or in their heart as they feel led/comfortable.
- Lighting candles and placing them on a map of your local community.
- Lighting one candle and passing it around the table, inviting one another to hold silently in prayer the person who is holding the candle.



CLOSING PRAYERS

These prayers have been written as responsive prayers. You could offer them by a leader saying the words in light type and the group the words in **bold** type or one half of the group saying the words in light type and the other half those in **bold** type.

At this table we have paused, stopped and been together.

Here God is with us and we have met with God.

At this table we have noticed, prayed and sought God together.

Here God is with us and we have met with God.

We depart from this table refreshed and renewed.

We go knowing that God goes with us.

We depart to the different places and people God calls.

We go knowing that God goes with us. Amen.



WHAT IS IT?

The Examen is a spiritual exercise, in which you reflect on the day, or a part of the day, and consider with gratitude where you have noticed God at work, and look towards the next day, or the next part of the day.

We trace the origins of the Examen back to Saint Ignatius, who established a twice daily pattern of using the Examen for the Jesuit order.

It is still used by Jesuits, and many other Christians too, today. The words to guide you through the Examen, given below, are adapted for use for Susanna's Table Lent. You may be familiar with the Examen and choose to use words which are more familiar to you.

WHERE MIGHT IT WORK?

This quiet practice works for individuals, or smaller groups with one person guiding the reflection. You need to be somewhere quiet, without too much around that might distract you.

It might be that there's a quiet outside spot somewhere in your local area if you've been outside, or maybe you might like to use this method with the team that has hosted a lunch, for example.

WHO IS IT FOR?

This can be daunting for people who aren't used to prayer or meditation. But it might be great for people exploring spirituality and finding 'traditional', word-based Christian prayer difficult. It can work well for lots of experienced practicing Christians, whether it is new to you or not.

WHAT DO YOU NEED?

- A quiet space.
- The guide on the next page.
- Time.

WHAT'S GOING TO HAPPEN?

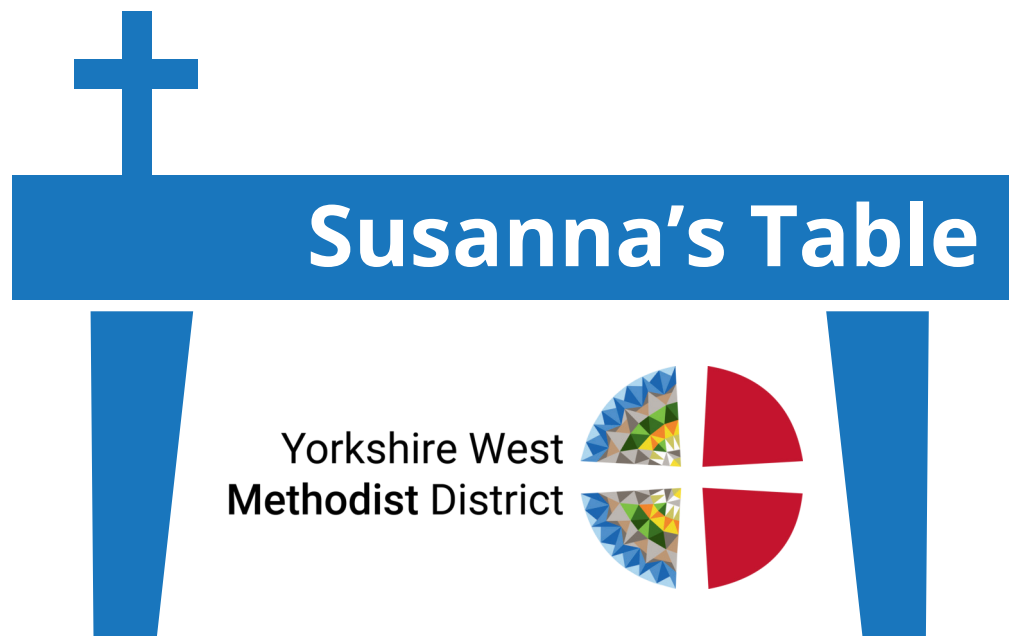
Each person is invited to be still and quiet. This can be done by yourself if you're doing this as an individual. If being used by a group as a guided Examen, it may work well to have one person designated as the Guide, who familiarises themselves with the technique before hand and then reads every step of the Examen out loud, giving a very generous time of silence in between each.

EXAMEN GUIDE

1. As you still yourself, allow yourself to become aware of the presence of God. Notice the Holy Spirit moving where you are.
2. Think back over the table gathering/gathering/time together you have shared, with gratitude for all that has happened.
3. Notice your emotions – how are you feeling in this moment? Is there a mix of feelings? Does one dominate?
4. Allow one moment, or one person, or some words from the gathering today to come to mind, and bring it/them before God as a prayer
5. Turn your mind towards the next time you will gather, and ask God to give you all you need for it.



Sides



Pancake Party

WHAT IS IT?

Exactly what it says on the tin ... this 'Side' Course involves inviting your community to a party where you will make and eat pancakes together, you can prepare and eat around a table while having fun and conversation together.

WHERE MIGHT IT WORK?

The party needs to happen in a place with cooking facilities. This could be done in your church or maybe even in someone's home. You will need to consider how many people may attend when you are thinking about where you will host the party.

You will need volunteers who are willing to shop, set up and help cook and clean up as well as people to chat to guests and help the conversation to flow amongst the people attending.

WHO IS IT FOR?

This 'Side' Course is for those in your community, this includes people in church and your surrounding neighbourhood. This is an event to invite everyone of all ages to. An event for intergenerational fun and fellowship.

WHAT DO YOU NEED?

- A table
- A tablecloth
- Place-cards and pens
- Prayer/conversation resources if you want to use them
- Pancake ingredients including toppings
- Cooking facilities and equipment
- Extra pancakes and pans for games
- Safely recruited volunteers
- Guidance and health and safety/safeguarding policies
- A full risk assessment (shared with volunteers, and with you on the day).

WHAT'S GOING TO HAPPEN?

- Set up the table (and chairs!).
- buy ingredients (suggested shopping list below).
- invite people from your community and neighbourhood.
- make the pancake mix together with guests.
- cook pancakes.
- invite people to choose their toppings and then sit together to eat.
- engage in conversation and see what surprises you! You might like to bring along resources like the 'Conversations against Mundanity' game, or some conversation starters.
- Play games such as pancake races or a pancake flipping competition and encourage all to get involved.
- invite people to continue to join you throughout Lent in whatever else you choose to do.

PRACTICALITIES

Follow this link to BBC good food for a pancake recipe:

https://www.bbc.co.uk/food/recipes/basicpancakeswithsuga_66226

SUGGESTED SHOPPING LIST

- Plain flour
- Eggs
- Milk
- Butter
- Toppings of choice (spreads, fruit, squirty cream, sprinkles etc)

Remember to consider dietary requirements and allergies.



Maundy Thursday

FAMILIAR THINGS

On Maundy Thursday, many churches are familiar with meeting together for an evening service of Holy Communion, perhaps with an option to offer the washing of feet as well.

It is a quiet, solemn service, and liturgies can be found in lots of different places. We're not offering a complete liturgical resource here, but you might like to draw on some of the other resources in this resource, and search other books and websites for liturgies that suit your context well.

DIFFERENT IDEAS

To mark this solemn occasion in a different way, and with the theme of table gathering in mind, you could arrange the worship area (or place of gathering) to accommodate one large table, at which every person attending has a seat.

Consider dressing the table simply, but supplying glasses and jugs of water, for example, and plates with simple foods that may be reminiscent of the sorts of foods Jesus may have eaten with his friends.

Please note, this is not an invitation or suggestion to share a Seder meal.

You may like also to consider adding to the table a selection of candles, which can be extinguished throughout the service, each after a reading for example, if you plan to read the Passion Narrative before you share communion.

If you have made new connections with people during Lent, as you've welcomed people to your table gatherings, walked with people, or met people as you've shared fellowship in a café or pub, consider how you might make your Maundy Thursday gathering suitable for new people. It may be that sharing bread and wine feels too much, but that meeting and reading aloud the Passion Narrative and sharing some conversation about it, around a table with food, is more suitable to your context. Don't be afraid to try something different, especially if you have a Communion service planned for Easter Sunday.

There are some suggestions on the next page to help you in your planning.

SUGGESTIONS

Food

Simple foods, like grapes, flat breads and dips are easy enough to provide, and shouldn't cause too many temptations for those who have observed a Lenten discipline of abstaining from certain foods!

Remember to ensure allergen information is available for everyone.

Sharing Communion

If you are sharing Holy Communion at your Maundy Thursday service, you may need to think about the practicalities of doing this around one large table. It may work best to have the Communion elements on the table in front of the person presiding from the beginning of the service, and you may like to consider having the elements uncovered, recalling that the bread and wine Jesus shared was as part of a meal with friends. For distribution, consider whether it works best for a small number to distribute, or to have each person in the gathering serving the next person (giving clear instructions for the 'backstitch' method).

Passion Narrative

Maundy Thursday can offer a very poignant time to read the Passion Narrative, or part of it, even if you have planned a reading of the Narrative on Good Friday. Splitting the story into several readings, and pairing them with poetry, prayer and reflection, can give a good shape to your service, perhaps interspersed with singing, conversation, or quiet reflection.

It could be very helpful for people who are new to faith or Church, perhaps after engaging with some of your Lent programme, to hear the whole of the Passion Narrative. They may feel intrigued and inspired to know more, and may be grateful then to be invited to travel through Good Friday and into Easter by connecting with the different services and events you have planned.

Music

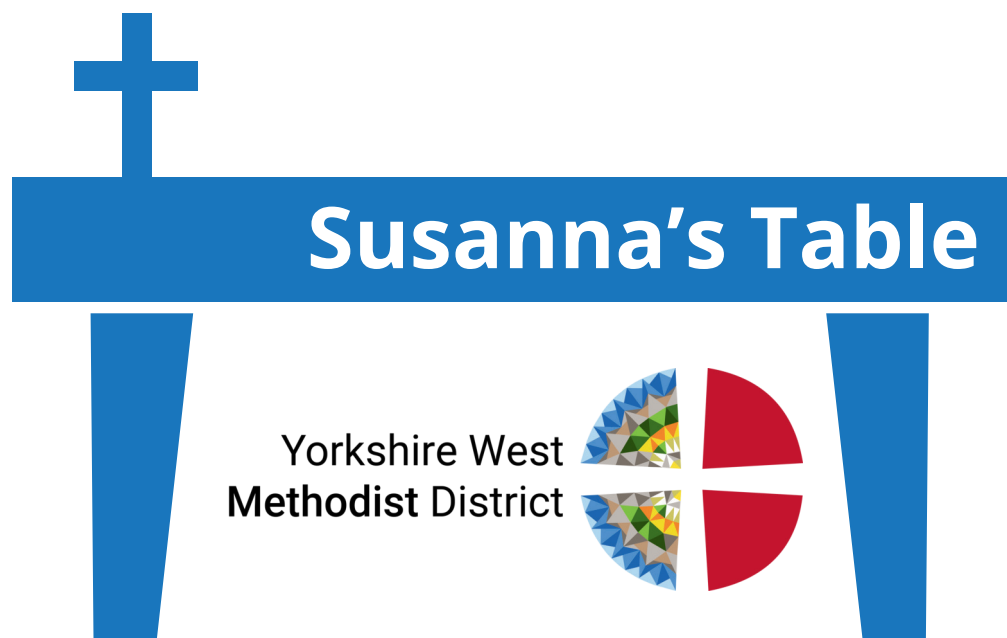
Consider using very simple music for this gathering, and inviting people to sit rather than stand when singing, to make it feel more like you are friends at a meal together than at a formal service of worship. Some Taizé music may work well, or a 'Kyrie Eleison', with a hymn at the beginning or end if you prefer.

Foot Washing

In addition to the hygiene matters to consider with the washing of feet, remember that, if you have people new to Church with you, a careful explanation not only of how but *why* we wash feet will be important.



PLANNING YOUR SUSANNA'S TABLE



TIME TO PLAN

Now you have looked through all the resources in this book you will need to take time as a team planning your Susanna's Table.

Remember to take time thinking about the questions on page 8 about you and your context, as these will help you shape your plans. Remember also to pray, inviting God's Holy Spirit to guide you as you think about your context and choose the items for your menu.

On the next two pages are two planning sheets, one for Lent as a whole and one for each time your Susanna's Table gathers. We hope these will help you to plan well. They can also be downloaded from the District website here: www.ywmethodist.org.uk/susannas-table/

After the blank sheets are some examples to give you some ideas of how a Susanna's Table might work and hopefully help spark your imagination.

DISTRICT FUNDING

We recognise that to do things well often needs funding and that sometimes Local Churches are struggling for funds. Therefore, to support different expressions of Susanna's Table across the District, £25,000 has been set aside in the District Advance Fund to enable 100, £250 grants to be claimed by Local Churches to support their Susanna's Table.

If you would like to claim one of these grants for your Susanna's Table please complete the form available on the District Website: www.ywmethodist.org.uk/susannas-table/

SUSANNA'S TABLE IN LENT - SEASON PLANNING SHEET

Dates We Are Meeting	What We Are Doing When We Meet	Particular Considerations

SUSANNA'S TABLE IN LENT - EVENT PLANNING SHEET

Items to Plan	What's Needed	Who Is Planning This?
Date(s) of event: (weekly or occasional?)		
Location of Event:		
Organising Team:		
What we plan to do: <ul style="list-style-type: none"> • Starter • Main Courses • Desserts • Sides 		
Resources we need from the pack:		
Additional Resources Needed:		
Relevant Policies & Guidance:		

EXAMPLE

SUSANNA'S TABLE IN LENT - SEASON PLANNING SHEET

Dates We Are Meeting	What We Are Doing When We Meet	Particular Considerations
Tuesday 4th March	Pancake Party for the Community Tuesday early evening, after school closes Don't forget to give invites out for the other meetings in Lent	Gluten free options? Ask shops to advertise? Make free for all – get funding for this? Make batter in advance!
Wednesday 5th March Wednesday 12th March	Ash Wednesday Morning – open church for quiet prayer then Soup Lunch in Church Prayer walk and soup lunch (or church open for non-walkers) (Remember place cards, prayer and bible reading sheets)	Remember invites for the rest of Lent gatherings. Invite people to join in Lectio Divina
Wednesday 19th March Wednesday 26th March Wednesday 2nd April	Prayer walk and soup lunch – as above Prayer walk and soup lunch – as above Prayer walk and soup lunch – as above	Invite people to join in Lectio Divina – check each week if going well.
Sunday 6th April	Morning service replaced with Prayer walk and shared lunch (all welcome!)	Maybe ask Local Preacher to lead informal service after lunch?
Wednesday 9th April Wednesday 16th April	Prayer walk and soup lunch – as above Prayer walk and soup lunch – as above	
Easter Sunday	Use Susanna's Table Sundaes resource – invite people on to 'what next'	
After Easter ?Maybe 2 weeks later	What next? – get together for tea and cake and talk about what we enjoyed, what we want to do next	Use suggested reading, maybe examen too?

SUSANNA'S TABLE IN LENT - SEASON PLANNING SHEET

EXAMPLE

Dates We Are Meeting	What We Are Doing When We Meet	Particular Considerations
<p>Sunday 9th March</p>	<p>Early time of prayer in church followed by Moveable feast in Town Centre – Preaching service as usual</p>	<p>How will we keep the soup warm? Don't forget vegan friendly option. John contacting Council (check food hygiene certificate up to date)</p>
<p>Sunday 16th March</p>	<p>Early time of prayer in church followed by Moveable feast in Town Centre – Preaching service as usual</p>	
<p>Sunday 23rd March</p>	<p>Early time of prayer in church followed by Moveable feast in Town Centre – Preaching service as usual</p>	
<p>Sunday 30th March</p>	<p>Early time of prayer in church followed by Moveable feast in Town Centre – Preaching service as usual</p>	<p>Maybe ask Local Preacher to lead informal service after lunch?</p>
<p>Sunday 6th April</p>	<p>Early time of prayer in church followed by Moveable feast in Town Centre – NO morning Preaching service – lunch together and hear from the Moveable Feast Team when they return</p>	<p>Can organist be around for some hymns at church after lunch when MF team share? time of prayer and praise?</p>
<p>Sunday 13th April</p>	<p>Early time of prayer in church followed by Moveable feast in Town Centre – Preaching service as usual</p>	
<p>Sunday 20th April</p>	<p>Early time of prayer in church followed by Moveable feast in Town Centre – Outdoor worship for whole church!</p>	<p>What's the wet weather contingency?</p>

SUSANNA'S TABLE IN LENT - SEASON PLANNING SHEET

EXAMPLE

Dates We Are Meeting	What We Are Doing When We Meet	Particular Considerations
<i>Thursday 13th March</i>	<i>Coffee shop gathering 2pm</i>	<i>How do we make sure everyone is welcome? Can we pay for the coffees for everyone?</i>
<i>Thursday 27th March</i>	<i>Coffee shop gathering 2pm</i>	
<i>Thursday 10th April</i>	<i>Coffee shop gathering 2pm</i>	<i>Could try Soul Food craft this week?</i>
<i>Sunday 13th April</i>	<i>No morning service Prayer walk (for those who can) then meet at coffee shop Evening service to start Holy Week.</i>	
<i>Sunday 20th April</i>	<i>Easter Sunday – after Service, go to coffee shop and take gifts for staff?</i>	
<i>Thursday 1st May</i>	<i>Coffee shop gathering 2pm – plan what next. Do we want to carry on?</i>	

EXAMPLE

SUSANNA'S TABLE IN LENT - SEASON PLANNING SHEET

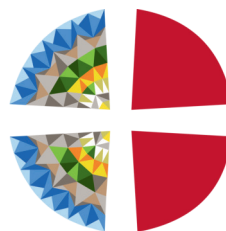
Dates We Are Meeting	What We Are Doing When We Meet	Particular Considerations
Friday 7th March	Tea and toast 10:30 Maybe do prayers at 10?	How do we get the community to know and feel welcome?
Friday 14th March Friday 21st March	Tea and toast 10:30 Tea and toast 10:30	Remember invites to Mothering Sunday
Friday 28th March Friday 4th April	Tea and toast 10:30 Tea and toast 10:30	Remember invites to Mothering Sunday
Sunday 6th April	Mothering Sunday Songs of Praise service (could do old school assembly/junior church songs!) Invite all the community – serve lunch or afternoon tea. Maybe afternoon tea then an evening service for this works better?	Are we having a catering team for this? Do we ask all church members to bring some food to share – MUST remember the allergen sheets! Don't forget invite to Easter Day
Thursday 17th April	Maundy Thursday Service – like a meal, round a table	
Sunday 20th April Easter Sunday	Easter Breakfast with a difference – invite all community to share hot cross buns and orange juice before our service?	Service time a bit later – Minister doing early service somewhere before?

GUIDANCE



Susanna's Table

Yorkshire West
Methodist District



We hope the guidance in these notes will be helpful to you as you plan and gather around your Susanna's table. The guidance is not exhaustive but builds on the standard Methodist Guidance which you will be following as a Methodist Church. If you are not sure please do ask a Church Steward, Minister, Circuit Steward, Safeguarding Officer - we are sure they'll be delighted to support you in this endeavour. Don't forget you can also contact the Susanna's Table team whose details are on page 3.

INCLUSION - JUSTICE, DIGNITY AND SOLIDARITY

The Methodist Church is committed to be a growing, inclusive, evangelistic and justice seeking Church. Susanna's Table offers many opportunities to be these four things if we are attentive to them in our planning. It is easy as the Church to default to what we know and the people we know but if we are not careful this can lead to people being excluded. As you plan your Susanna's Table it is important that you are attentive to how your plans enable everyone to be able to participate including those who you will, hopefully, invite who do not usually participate in activities at church.

These pages on the Methodist Church Website will help you to be attentive to these things: <https://www.methodist.org.uk/for-churches/the-inclusive-methodist-church/>

SAFEGUARDING

Safeguarding is of paramount importance in everything we do as a Church. As you are planning your Susanna's Table please ensure all that you plan is in accordance with your Church/Circuit Safeguarding Policy and that all those involved with leading are safely recruited and have undertaken the relevant Safeguarding Training.

RISK ASSESSMENT

We cannot avoid risk, it is as simple as that! What is important is that we are attentive to the possible risks in the activities we plan, consider how we can mitigate those risks and ensure that we put the mitigations we have agreed into place. Your Susanna's Table activities may be different to the other activities you undertake as a Church and therefore may not be covered by your ongoing Risk Assessment. It is therefore important that you carry out a Risk Assessment for your Susanna's Table activities.

A key area of risk for Susanna's Table is the serving of food, which must be done in a way which is safe and hygienic. In your planning please make sure you are attentive to the relevant Food Hygiene Guidelines for your building/context including the provision of allergy information to those who will consume the food. You should include how you are doing this in your Risk Assessment.

Different Churches and Circuits have different processes for undertaking Risk Assessments therefore please talk to the person in your Circuit or Church responsible for Risk Assessments and ask them for the relevant forms and processes you should follow.



