



Feast

FIRST FEAST POTLUCK

SUNDAY, OCTOBER 14, 2018

1. Gathering/ Appetizers and beverages
2. Intro to FEAST and FAITH5 with Pastor Lyle
3. Dinner

As your new FEAST group gathers around the table this evening, please do the following:

- Introduce yourselves to one another.
- Complete the steps in FAITH5.
- Begin to plan your next gathering:
 - Who will host? When? Where?
 - Who will contact group members not here this evening?

4. Closing devotion and Holy Communion

*Download additional copies of this booklet at GraceRiverForest.org.
Go to the pull-down menu under Ministry and click on FEAST.*

FAITH5 for FEAST

We will use FAITH5 this year as a format for FEAST discussions. FAITH5, or Faith Acts In The Home, connects church to home, faith to life, people to people, and parents to kids in a powerful way. The five steps of the FAITH5 are: Share + Read + Talk + Pray + Bless.

Here's how it works:

Step One: Share highs and lows. Name something good and bad you experienced today (or since your FEAST group last met). Can't think of a personal one? Check out the headlines from the news, expressing empathy and compassion for the broader world.

Step Two: Read a verse or story from your Bible. Scripture readings for FEAST gatherings are provided in this booklet. Except for the passage chosen for October, each of the readings in these devotions will be used during that month in worship at Grace. All readings are from the New Revised Standard Version of the Bible (NRSV). (If you would like to use Faith5 at home in your daily life, you can find scripture selections in your bulletin from Sunday or in another devotional resource.)

Step Three: Talk about how the verse or story relates to where you are today in your highs and lows. Additional questions to prompt discussion and explore the scripture are provided for FEAST devotions (but you don't have to use these questions – follow where the conversation leads!).

Step Four: Pray for one another's highs and lows, for your group and your households, and for the world. Simply talk to God, thank Jesus for the good, and ask the Holy Spirit for guidance in specific problems. Everyone is encouraged to pray, and to pray aloud, but no one should be forced! One approach would be to pray in a circle, with each person praying for the person to the left.

Step Five: Bless one another. Trace the sign of the cross on one another's forehead or palm as a reminder that you belong to God and to one another. You may speak words of blessings as you do so, such as, "*Name*, you are a child of God."

You may want to consider using the FAITH5 in your home as well in the coming year. May you, your household, and your FEAST group be blessed with wonderful conversations that span the generations throughout the coming year!



SHARE



READ



TALK



PRAY



BLESS

OCTOBER 2018

Text – Matthew 26:26-29

While they were eating, Jesus took a loaf of bread, and after blessing it he broke it, gave it to the disciples, and said, “Take, eat; this is my body.” Then he took a cup, and after giving thanks he gave it to them, saying, “Drink from it, all of you; for this is my blood of the covenant, which is poured out for many for the forgiveness of sins. I tell you, I will never again drink of this fruit of the vine until that day when I drink it new with you in my Father’s kingdom.”

Questions

- How do these verses relate to the highs and lows that you shared?
- What is a favorite memory related to Holy Communion?
- When you receive the bread and wine at Grace, you are told that it is *for you*. What does that mean to you?
- Jesus says that the blood of the covenant is poured out for many. What does this say about how we are called to live in relationship with one another?
- What does it mean to drink the “fruit of the vine” with Jesus in his Father’s kingdom?

NOVEMBER 2018

Text – Matthew 6:25-29, 34

Jesus says, “Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And can any of you by worrying add a single hour to your span of life? And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these. So do not worry about tomorrow, for tomorrow will bring worries of its own. Today’s trouble is enough for today.”

Questions

- How do these verses relate to the highs and lows that you shared?
- What have you been worrying about lately?
- Jesus points to the lilies of the field and the birds of the air. What else can we learn about God and about ourselves from the world around us?
- How do you balance planning for the future with focusing on life today?
- How is God blessing you and caring for your needs?

DECEMBER 2018

Text – Luke 2:15-20

When the angels had left them and gone into heaven, the shepherds said to one another, “Let us go now to Bethlehem and see this thing that has taken place, which the Lord has made known to us.” So they went with haste and found Mary and Joseph, and the child lying in the manger. When they saw this, they made known what had been told them about this child; and all who heard it were amazed at what the shepherds told them. But Mary treasured all these words and pondered them in her heart. The shepherds returned, glorying and praising God for all they had heard and seen, as it had been told them.

Questions

- How do these verses relate to the highs and lows that you shared?
- With which character in the Christmas story do you most identify?
- How do you, like Mary, treasure the words of the Christmas story and ponder them in your heart?
- As we celebrate Advent and Christmas, how is God calling you to offer glory and praise?
- The angels have gone back into heaven, and yet still we hear the message. How has God been speaking to you in these days?

JANUARY 2019

Text – Isaiah 60:1-5a

Arise, shine; for your light has come, and the glory of the Lord has risen upon you. For darkness shall cover the earth, and thick darkness the peoples; but the Lord will arise upon you, and his glory will appear over you. Nations shall come to your light, and kings to the brightness of your dawn. Lift up your eyes and look around; they all gather together, they come to you; your sons shall come from far away, and your daughters shall be carried on their nurses' arms. Then you shall see and be radiant; your heart shall thrill and rejoice.

Questions

- How do these verses relate to the highs and lows that you shared?
- This is the time of year when the days are short and the nights are long. Do the prophet's words have special meaning for you in that context?
- When is a time you've had an epiphany, when God's light broke through for you in a new way?
- Isaiah speaks of sons and daughters returning home to their family of faith. How do you care for the faith of the children in your household or church family?
- What is making your heart thrill and rejoice in spite of the darkness?

FEBRUARY 2019

Text – Isaiah 6:1-8

In the year that King Uzziah died, I saw the Lord sitting on a throne, high and lofty; and the hem of his robe filled the temple. Seraphs were in attendance above him; each had six wings; with two they covered their faces, and with two they covered their feet, and with two they flew. And one called to another and said: “Holy, holy, holy is the Lord of hosts; the whole earth is full of his glory.” The pivots on the thresholds shook at the voices of those who called, and the house filled with smoke. And I said: “Woe is me! I am lost, for I am a man of unclean lips, and I live among a people of unclean lips; yet my eyes have seen the King, the Lord of hosts!” Then one of the seraphs flew to me, holding a live coal taken from the altar with a pair of tongs. The seraph touched my mouth with it and said: “Now that this has touched your lips, your guilt has departed and your sin is blotted out.” Then I heard the voice of the Lord saying, “Whom shall I send, and who will go for us?” And I said, “Here am I; send me!”

Questions

- How do these verse relate to the highs and lows that you shared?
- What do you think it would feel like to stand in the presence of God’s holiness? Have you ever had such an experience?
- What sin or shortcoming makes you feel inadequate for God’s call?
- How does it feel to hear that your sins are forgiven?
- Where is God sending you this week? To do what? For whom?

MARCH 2019

Text – Luke 13:6-9

Then Jesus told this parable: “A man had a fig tree planted in his vineyard; and he came looking for fruit on it and found none. So he said to the gardener, ‘See here! For three years I have come looking for fruit on this fig tree, and still I find none. Cut it down! Why should it be wasting the soil?’ He replied, ‘Sir, let it alone for one more year, until I dig around it and put manure on it. If it bears fruit, well and good; but if not, you can cut it down.’”

Questions

- How do these verses relate to the highs and lows that you shared?
- How is your life bearing fruit these days? What’s getting in the way?
- Who might the characters in the parable represent?
- What does this parable teach us about God’s grace?
- What manure are you dealing with? How is it helping you grow?

APRIL 2019

Text – John 20:11-18

But Mary stood weeping outside the tomb. As she wept, she bent over to look into the tomb; and she saw two angels in white, sitting where the body of Jesus had been lying, one at the head and the other at the feet. They said to her, “Woman, why are you weeping?” She said to them, “They have taken away my Lord, and I do not know where they have laid him.” When she had said this, she turned around and saw Jesus standing there, but she did not know that it was Jesus. Jesus said to her, “Woman, why are you weeping? Whom are you looking for?” Supposing him to be the gardener, she said to him, “Sir, if you have carried him away, tell me where you have laid him, and I will take him away.” Jesus said to her, “Mary!” She turned and said to him, in Hebrew, “Rabbouni!” (which means Teacher). Jesus said to her, “Do not hold on to me, because I have not yet ascended to the Father. But go to my brothers and say to them, ‘I am ascending to my Father and your Father, to my God and your God.’” Mary Magdalene went and announced to the disciples, “I have seen the Lord”; and she told them that he has said these things to her.

Questions

- How do these verses relate to the highs and lows that you shared?
- On this first Easter morning, why is Mary Magdalene’s grief so pronounced? Have you ever experienced such grief?
- Mary is unable to recognize the risen Christ. What makes it hard for you to see Jesus?
- As Jesus speaks her name, Mary recognizes Jesus. Names have power; what does your name mean? Why was it given to you?
- In the resurrection, you are now a named child of God. With whom is God calling you to share this great, good news?

MAY 2019

Text – Psalm 23

The Lord is my shepherd, I shall not want. He makes me lie down in green pastures; he leads me beside still waters; he restores my soul. He leads me in right pathways for his name's sake. Even though I walk through the darkest valley, I fear no evil; for you are with me; your rod and your staff – they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord my whole life long.

Questions

- How do these verse relate to the highs and lows that you shared?
- The translation, from the NRSV, is likely different than the version with which you are familiar. What differences do you notice? Do the changes help or hinder the psalm's meaning for you?
- Where are you experiencing green pastures? Still waters? Dark valleys?
- Jesus is our Good Shepherd, and he tells us that we hear and know his voice (John 10). How are you hearing the Shepherd's voice?
- While we might prefer to avoid dark valleys, we sometimes have to walk through them. But God promises to journey with us, and God knows that the destination is good. How does this shape your life of faith?

FEAST SERVICE PROJECTS

Doing a service project together is another way to share faith and fellowship. Here are some ideas your group might consider. There are many more possibilities!

AT GRACE

Prepare an Advent or Lent supper at Grace. Advent and Lent suppers are served at 6 p.m., before 7 p.m. Wednesday worship services. Meals are simple: pasta and salad, soup and bread, etc. Food is needed for approximately 60 people. Contact Pastor Lyle for more information (dlyle@graceriverforest.org).

Rummage sale. The annual Youth Rummage Sale in June always needs volunteer help to sort donations and to work at the sale.

IN THE COMMUNITY

Sandwich-making at Fraternité Notre Dame. Third Monday of every month at 7 p.m. Contact Kate Hogenson for more information (hogenson@msn.com; 708-445-9687).

Volunteer as a group at Feed My Starving Children.

Go to fmcs.org for more information.

Volunteer at the Greater Chicago Food Depository.

Go to chicagosfoodbank.org/volunteer for more information.

Provide a meal for Housing Forward PADS shelter.

Information at housingforward.org/get-involved.

Volunteer or provide a meal for the Night Ministry.

Go to thenightministry.org/get-involved-with-the-night-ministry.

New Moms.

Provide a meal or other projects.