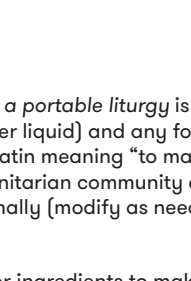




Tea & Be

COMMUNION

A portable liturgy



1

Tea & Be Communion: a portable liturgy is a way of making any cup of tea (or other liquid) and any food, in any location, a sacramental (from Latin meaning “to make holy, set apart”) encounter, with the Trinitarian community of God. It can be used alone or communally (modify as needed.)

You will need:

- A cup of tea (made or ingredients to make)
- A hand towel (paper or fabric, wet or dry)
- A piece of food (bread or cake).

Lay out all the materials in front of you before you start. (Ideally on a sheet of paper or placemat to mark out the special space.)

BE PREPARED

Wash/wipe your hands as a symbol of your willingness to receive what God has for you today. As you do so say, “I wipe off the dust of the world and prepare myself to receive what God has for me.”

BE PRESENT

Sit comfortably.

Breathe in to a count of 4. Hold for a count of 4.

Breathe out to a count of 6. Hold for a count of 4.

(repeat six or seven times)

BE PRAYERFUL

(As you **inhale** say to yourself) Lord Jesus Christ

(As you **exhale** say to yourself) Make your presence known

(repeat for as long as you need to.)

ENGAGE YOUR SENSES

The cup - its colour, texture, feel, history.

Dry tea - smell, look, touch, taste.

What memories are evoked?

2

MAKE YOUR TEA

How has the smell, colour or texture changed?

PRAYER FOR TEA (communal, modify if solo)

As the cup holds the water

so we hold your presence, O God.

As the water draws the flavour

so your Spirit draws your life through us.

As the tea simply rests to fulfil its purpose
may we be at rest as we drink,
and so move closer to being who you made us to be.

Amen.

Karakia Mo Te Ti

Pērā te kapu e puoto ana i te wai,
pērā ano hoki tātou e puototia i a koe, e Pā.

Pērā te wai e ngongi ana i te tawhara,
pērā ano hoki tou Wairua Tapu e ngongitia i tō oranga
i a tātou.

Pērā te tī e okioki ana kia aroarotia
pērā ano hoki tātou e okioki ana kia inu,
kia aroarotia ki to tino whakaaro mā tātou.

Amine

(English by Mark Pierson, 2019.
Translation into te reo Maori
by Manaakinui Te Kahu
(son of Rewai and Josie Te Kahu))

3

READ SCRIPTURE (or find your own)

Jesus said,
“What I’m trying to do here is get you to relax, not be so preoccupied with getting so you can respond to God’s giving. People who don’t know God and the way God works fuss over these things, but you know both God and how God works. Steep yourself in God-reality, God-initiative, God-provisions. You’ll find all your everyday human concerns will be met. Don’t be afraid of missing out. You’re my dearest friends! The Father wants to give you the very kingdom itself.”

Luke 12/29-32 (The Message Bible)

Read this through several times,
noting what stands out to you.

4

TABLE GATHERING PRAYER (adapt for your situation)

The table of communion is made ready
for us to gather around.

This is the table, not of the church, but of Jesus.

It is made ready for those who love him,
and for those who want to love him more.

So come,
you who have much faith;
and you who would like to have more.

Come, you who have been here often;
and you who have not been here for a long time.

Come you who have tried to follow Jesus,
and have lost your way;

Come you who have yet to begin;
it is Christ who invites you to meet God here.

JESUS’ INVITATION

And so it was that on the night before he died,
Jesus took what they were eating,
And when he had given God thanks,
he broke it, gave it to his disciples,
and said:

“Take, eat, this is my body
which is given for you;
do this to remember me.”

(Break your food.)

5

After supper Jesus took what they were drinking,
and when he had given thanks
he gave it to them and said,
‘This cup represents the new relationship
I’m going to make possible between you and God.
Every time you drink, remember that.

Therefore heavenly Father,
In this sacrament of the suffering and death of your Son,
we now celebrate the wonder of your grace
and proclaim the mystery of our faith.

Christ has died,
Christ is risen,
Christ will come in glory.

TASTE YOUR TEA

(Slurp to maximise flavour.)

What words describe it?

Eat and drink as you LISTEN IN SILENCE

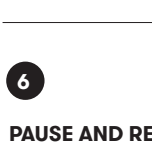
for what God is saying to you.

Re-read the scripture if you want to.

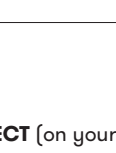
RESPOND

Make a note or talk with another person
about what you have sensed God saying.

(Move on when you are ready.)



Tea & Be



6

PAUSE AND REFLECT (on your recent days)

CONFESSION

This prayer is called **THE CONFITEOR** (*con-feet-or*) which means “I confess”. I’ve modified it from its pre-11th century Roman Catholic origins.

Adapt the wording to suit your setting.
Say aloud or silently, to another person or not.

I confess to almighty God, and to you my brothers and sisters, that I have sinned through my own fault, in my thoughts and in my words, in what I have done and what I have failed to do. I ask the forgiveness of God, and you my sisters and brothers to pray for me to the Lord our God.

Amen.

BE ASSURED OF FORGIVENESS

Jesus said that when we confess our sins,
God forgives us and cleanses us of all unrighteousness.
(1 John 1:9)

In Jesus Christ, we are (I am/you are) forgiven.

Amen

When you are ready, GO WITH PEACE

NOTE: These words may be the most important in this liturgy. The language alternatives offered are to ensure users understand the power of offering, accepting, and being offered forgiveness and declared forgiven by another person, as well as by God.’ (John 20/23)

Tea & Be and Tea & Be Communion are projects of the Rhythms of Grace Church community in Auckland, Aotearoa-New Zealand. They are offered with the hope of building and sustaining connection between people, and people with the Trinitarian community of God, in ways that lead to human flourishing.

Further copies of this liturgy may be available from mark@markpierson.org.nz. You are welcome to copy or redesign with acknowledgement (*Mark Pierson and Rhythms of Grace Church, Auckland, 2024*) and not for profit. I’d love to see a copy or photos of how you use it.

Cover photo: by Eric Johnston, *The Rhythms of Grace Communion Table, Mt 11/28-30 MSG.* (detail), painted by Derek Lind, Advent 2018.

Thanks to Karl Berzins for design and Clint Gibson, Ashleigh Lang and Julie Chamberlain for helpful user-comments on the first draft.

The Communion liturgy is modified from that of various Iona Abbey Worship books.

Mark Pierson, Season of Advent 2024.

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