

# together sunday 25th October 2020

Around the Table

**PRAYMK**  
together

**Let's be thankful for the food we have in the cupboards and pray for those who go without:**

God of all good things,

You made eating together part of our rhythm and welcome us to sit and eat with you. As you asked us to remember you around the table, we remember you now.

We give you thanks for the huge variety of delicious food and drink on the shelves, in the kitchen and in our bellies.

May we never take these essentials and treats for granted.

We thank you for all who work in food production, processing, transport and retail; for farmers, factory workers, lorry drivers, supermarket staff and delivery drivers, for the family who run our corner shop and the staff of our local cafe or takeaway.

Make us responsible consumers, always considering where our food comes from, the individuals who produce it and the cost to our planet.

## **Families - pray with food!**

You will need:

- a tin of something yummy from the cupboard (there is no need to open it).
- somewhere quiet to sit or stand. The kitchen will do!

Instructions:

Go and find a tin or packet of food from the kitchen cupboard (ask a grownup first). Hold the tin or packet in your hand. Thank God for this food and for all the food that you eat. Perhaps think of your favourite treat and say thank you for

Many in Milton Keynes and beyond woke up hungry today and many will go without enough food tomorrow. While we eat and drink around your table, may we also remember them, pray for them and do what we can to help.

God of goodness, show us how we can help.

We pray for staff and volunteers who work to feed the hungry daily and for each individual living in poverty. May they be filled.

We ask not for more charities working to end world hunger, but policy change from our leaders. God of justice, grant a fair distribution of food in the world.

Take a few moments to pray for :

- MK Food Bank,
- St. Mark's Meals,
- The Winter Night Shelter
- MK Community Fridge
- any other charities or individuals you know of.

Amen.

that? You can say it out loud or in your head. Now you can pray for people who don't have enough food. You can also pray for God to show you how you can help.

