John 13:12-15  (NRSV)
After he had washed their feet, had put on his robe, and had returned to the table, he said to them, “Do you know what I have done to you? You call me Teacher and Lord—and you are right, for that is what I am. So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another’s feet. For I have set you an example, that you also should do as I have done to you.”

1 Corinthians 11:23-26  (NRSV)
For I received from the Lord what I also handed on to you, that the Lord Jesus on the night when he was betrayed took a loaf of bread, and when he had given thanks, he broke it and said, “This is my body that is for you. Do this in remembrance of me.” In the same way he took the cup also, after supper, saying, “This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.” For as often as you eat this bread and drink the cup, you proclaim the Lord’s death until he comes.

WHAT IS LOVE FEAST?
It is a time of worship in four parts that brings to life the self-giving, transformative love we see in Jesus.
REFLECT
1. How have you been growing into your baptism?
2. In what ways are you still in a covenant of love and peace with your fellow followers of Jesus?
3. Are there significant roadblocks to your journey towards wholeness and holiness?
4. How might this community help you on your journey?

WASH
After taking time to reflect, we take turns washing each other’s feet—each one washing and being washed, serving as Christ to one another.

EAT
As we share a meal, we slow down enough to pay attention to one another.

REMEMBER
In breaking bread and sharing the cup, just as Jesus did with his disciples, we remember the ultimate gift of love—Jesus’ own death and resurrection. Our remembrance calls us to share that love by becoming more like Jesus!