

For as often as you eat... Do this in remembrance...

The Flemington People's Pantry is a multi faith, multi cultural food rescue and redistribution project run by and for members of the local public housing estate communities and Essendon Community Baptist Church.

We exist to redeem waste, share food and work, dispel loneliness, reconnect neighbours, celebrate difference and subvert the status quo. We seek to share food, faith and friendship; welcome, work and worship in the Spirit of Jesus/ Yeshua/ Issa.

Along with our usual food parcel we offer this cup and a rescued cracker to celebrate Holy Week.

For Christians, Holy Week celebrates the final week of Jesus' life which includes what is commonly known as the Last Supper, Eucharist (Thanksgiving) or the Communion meal.

Different traditions practice this meal in different ways but it inspires the way we run our pantry as we believe it to be :

- For all people's regardless of colour or creed
- A generous act of love and service
- a practice of the politics of food and freedom
- an affirmation of life in the face of death
- for every/ any meal or act of sharing food
- a real presence / 'communion' in a time of isolation

Jesus' Words: *(you are invited to say as you eat/drink)*

On the night when he was betrayed, Jesus Christ took bread and broke it and said,
'this is my body which is given for you. Do this to remember me.'

As you eat the rescued rice cracker and/or share food from your pantry box with your household you may wish to say to yourself / others; 'The Body of Christ given for you.'

At that last meal, Jesus took the cup of wine, gave thanks and shared it saying:
'drink this, all of you; this wine is my blood, shed for the forgiveness of sins. Whenever you share it, remember me.'

As you drink the cup and/or share with your household... say to yourself / others; 'The Blood of Christ given for you.'

Let us receive what we are; let us become what we receive. The body and blood of Christ.

