

# SPIRITUAL DISCIPLINE

# COMMUNION

At the Table, Christ taught His disciples about servanthood and sacrifice. When we gather at Table, Christ models the same for us. Through bread and vine, we encounter Christ's redeeming love and radical welcome.

## *Trees and Tables*

### INSTRUCTION

Pick up a leaf.

On it, write the name of someone you pray will come to know the love of Christ.

Fold the leaf and add it to the tree.

Take a spoon for yourself, as a reminder to open your table to others.

Share the best that is yet to come.

**ROOTED**  
a lenten journey of  
digging deep & letting go

