

A Meal with Jesus – Luke 22:7-23.

"It's Passover" (*spirit of the Lord passing over - arms above head and wave them side to side*) Jesus told his friends.

"Time (*neck move from left to right like a ticking clock*) for our special meal." (*smoothing out table cloth - slow version of breast stroke*)

When the meal was ready, Jesus said, "This is the last Passover meal we will eat together (*arms to side and bring arms together and clasp fingers - coordination exercise*).

Soon, some sad (*touch toes - encourage residents to put hands on their lap and move hands slowly down their legs to where it is comfortable to stretch. Do not expect them to touch their toes*) things are going to happen."

Jesus held up a cup of wine (*imagine holding a wine glass and thrusting arm up and ahead as if to say cheers - encourage to do with other arm as well*) in his hands. "Thank you God", (*rocket breath - hands together as if praying, move arms above head while taking deep breath in, hold and then arms out to the side while breathing out. Do at least three of these.*) he said.

Then Jesus gave the cup to his friends the disciples. "Pass this round and all have a drink from it" he said.

Next, Jesus held a loaf of bread and broke it into pieces (*finger movements*). "Thank you, God" (*rocket breaths*). He said, and gave it to his friends. "When you eat this," he told them, "I want you to think about me. This is my body." (*We might not be able to do a 'thinking pose' like the statue by Auguste Rodin but we will try to life our knees up. One knee at*

a time, leg in right angle position, lift one knee, hold and put down, then the next leg. Do this at least two times per leg).

"Share this", he said. "Soon someone in this room will choose not to be my friend any more and that person will betray me" (*straight army legs, each leg raised one at a time, hold and relax - two times - link to how Judas betrayed Jesus by bringing soldiers and betraying Jesus with a kiss*).

His friends looked at each other, amazed. "Who is it?" they wondered (*shoulder shrugs - lift shoulders to ears*).

Text taken from The Big Bible Storybook published in 2007 by Scripture Union. And New English Bible.

I am going to bring some bakery bread for people to try and some fruit juice to put into the little communion glasses. However, you may not be able to do this as you will not know which residents in the home you are visiting are at risk of choking, unless there is a member of staff there who can put in any thickener for you.

I will also talk about how you arrange a dinner table. What should be on the table? How many courses? What are the significant meals. Importance of making each meal special. Discuss what makes it difficult to eat as we get older (teeth, appetite, depression, loneliness, taste buds less sensitive) and perhaps this is an opportunity for residents to make special requests from the kitchen for something they really fancy.

If you would prefer, perhaps talk about foot washing that also happened on that night with Jesus and his disciples. You can take a packet of wet wipes and using one wipe for each person as to not spread anything, you can wash people's hands. I've

done this many times before and it's a great way to get connected with people. Put some nice music on in the background while you are doing it.