These words, these acts and these age-old memories speak again. In them we hear the invitation to be enfolded in the Presence and love of the Jesus who died, who lives and who is here.  

O Jesus, nourish our souls with Your body, Your blood and Your Presence.

The people are invited to receive the bread and wine with these words:

Come, in response to His call.  
Eat, drink, and visit with Jesus.  
Enjoy the fruit of His self-giving and be nourished in your spirit, soul and body.

With this liturgy, the enacted message of death and new life can be emphasized by giving each worshipper a seed - symbolising the potential for God's life in their lives - with the bread and wine. Ask the worshippers to hold the seeds until the end of the service, and use them as a meditation as others are receiving the elements.

Prayers of Sending  
Alive and enlivening God,  
In the simple and ordinary task of eating and drinking,  
In this simple and ordinary meal of bread of wine,  
You have sown into our spirits the supernatural and eternal seed of life.  
And we are eternally thankful.  
You have transformed this simple and ordinary gathering into Your Church - the messenger of abundant life.  
And we are eternally thankful.  
Now, God of our hearts,  
Sow us into the world to be seeds of growth and nourishment and resurrection to all of God-imaged humanity.  
We go as sent-ones;  
Endowed with the gifts of God's whole-hearted acceptance Jesus' world-hugging love And the Spirit's life-sharing companionship.  
And so may it be until resurrection is complete. Amen.

From Food For The Road: Life Lessons From The Lord’s Table © 2005 John van de Laar
In the first gasp of the child newly emerged from the womb.
May all that is life express Your praise, O Source of Life.
O Self-Giving, Grave-opening Christ,
The extravagant energy of Your death-denying blood is irrepressible.
Life invades . . .
   Every dark and despairing place and offers the light of hope.
Life invades . . .
   Every hostile and divided place and offers the embrace of peace.
Life invades . . .
   Every diseased and decaying place and offers the balm of wholeness.
May all that is life express Your praise, O Source of Life.
O Rescuing, Life-preserving Saviour
Death is constantly grasping at our souls, siphoning away our spirits and leaving our life-reserves empty.
But, we cannot claim to be unwilling hostages. We embrace the subtle words and ways of decay, blindly suffocating ourselves and our companions. Like the seed which finds its life by laying life aside, may we die to all that keeps us from life, and discover the resurrection which only You can bestow.
Every living moment that You have given, we return in praise to You, O Source of Life. Amen.

Praying Faith
Ours is the treasured conviction that God as the Mother of all things, gave birth to the visible and invisible universe.
Out of this seed of faith we discover the confidence to bring to You, Our Father, our broken and dying world.
Our plea is that You would transform its dyings into seeds of life.
Ours is the treasured conviction that God was born human, lived a human life, known to us as Jesus, and died a human death at human hands.
Ours is the treasured conviction that the life of Jesus was stronger than the grave which imprisoned Him, and that He returned to His compassionate throne to make life available to all creation.
Out of this seed of faith we discover the comforting reality that You, Brother Christ, walk at our side through our hurting.

Our plea is for every sufferer, that Your life would triumph over every prison of pain.
Ours is the treasured conviction that the Breath of God hovers over creation still, birthing timeless, boundary-crossing relationships, removing the stains of decay, and opening graves until time ceases to be.
Out of this seed of faith we discover the warm glow of hope.
Our plea is for all whose eyes are blinded by their despair, for all who grasp too firmly to this temporary reality, and for all who work to show the world the vision of Your future.
God of our hearts, and of our world, may our longings be inspired by Yours, and may these prayers be a proclamation of Your Word to a humanity which hears with difficulty.
Amen.

Memory and Meeting
As we enter this moment of memory and meeting, we prepare our hearts to know again the awakening touch of God’s Spirit.
We open our heart’s door to the God of our hearts.

Moment of Silence
God’s children share in a sacred memory of Jesus - His gift from the night He was given over to be broken. In His hands, simple bread was taken, gratefully lifted, torn apart and shared among His friends. "My body is torn so that you may be whole"
Unless a seed falls into the earth and dies, it can bear no fruit.
The Bread is Broken visibly for all the people to see

God’s children share in a sacred memory of Jesus - His gift from the night He was given over to be pierced. In His hands, a simple cup of wine was taken, gratefully lifted and shared among His friends. My blood is poured out so that you may be clean Unless a seed falls into the earth and dies, it can bear no fruit.
The Cup of Wine is held up for all the people to see