

Maundy Thursday

Many years ago, Jesus and his disciples sat tucked away in an upper room in Jerusalem to share the Passover meal - foods that evoked God's role in the delivery of the Jewish people from forces of oppression. At this particular Passover meal, sensing his own death drawing near, Jesus knelt at the dust-crusted feet of his disciples to wash them, then blessed and divided bread and wine to nourish them. Maundatum means commandment: in this way, Jesus commands us to engage the needs of each other as we follow in his path.



This year, we gather again in heart and mind as we practice Maundy Thursday from our own homes. This little guide offers a recipe for slow bread, a canvas for homemade soup using what you have, and a simple liturgy to guide you or those who may be with you in your home.

May this practice prepare our hearts as we continue to move through this ancient, holy journey of remembrance and transformation.

Illustrations made by the design team at YES Magazine:

www.yesmagazine.org/issue/building-bridges/2019/11/13/wild-yeasts-and-ancient-grains/

To learn more about Maundy Thursday:

www.umc.org/en/content/ask-the-umc-what-is-maundy-thursday

Slow Bread for Beginners

Adapted from Tips and Resources from Simple Church UMC
www.dinner.church/wp-content/uploads/2017/08/Recipes.pdf

**This bread requires little active time, but lots of time to rest (15 hours)! In order to have it ready for Maundy Thursday dinner, you may want to make this the day before or start it on Wednesday night and bake your bread around noon Thursday.*

Ingredients

2 cups cold water
3 cups all purpose or bread flour
1 cup whole wheat flour
1 teaspoon sea salt
¼ teaspoon active dry yeast
Extra flour for surface

Supplies

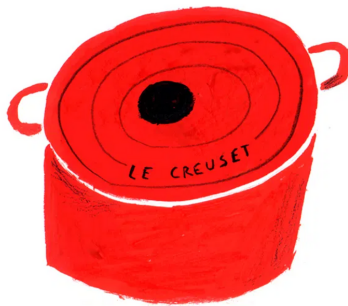
A large bowl and lid/plate
Oven and heat mitts
A cast iron Dutch oven/ oven safe stock pot, or sandwich loaf pan
Parchment paper
Cooling rack or way to prop up bread to cool



1. Pour 2 cups cold water into a large bowl. Measure 3 cups of all purpose flour and 1 cup whole wheat flour into the bowl. Sprinkle 1 teaspoon of sea salt and ¼ teaspoon of active dry yeast over the flour.

2. Submerge your hands and slowly incorporate the ingredients. Mix just until you no longer see any dry areas of dough. Scrape any dough on the edges of the bowl and incorporate in the dough mass.

3. Put a lid on the bowl (a pan lid or plate will do!). Let it sit on your counter for about 15 hours.



4. Preheat your oven to 475 degrees F (or as high as you can). Put a lidded Dutch oven in your oven for about 20 minutes to get it hot.

If baking with a Sandwich Loaf Pan instead: no need to preheat the pan in the oven.

Slow Bread for Beginners



5. Meanwhile, gently pour out your dough from the bowl onto a clean, lightly floured surface. Using your hands, a spatula, or a dough scraper can help release the dough from the bowl. Gentleness will keep those awesome air bubbles from the fermentation in your dough! Tenderly lift up one side of the dough and bring it towards the opposite edge, folding like a taco shell. Then, moving the dough seam side down, cup your hands and use a few circular motions to shape it into a ball.

Sandwich Loaf Pan: *once your dough is on the floured surface, very tenderly pat it into a circular shape. Pull the edge closest to you to stretch it towards you and then fold the edge to the center of the circle. Do this with each of the two sides. Then lift the top edge and seal at the edge closest to you, making a little package.*

6. Place the ball of dough seam side down on a piece of parchment paper roughly the size of the bottom of your Dutch oven, and use a knife or kitchen scissors to make a cut across the top of the dough. Using mitts, take the Dutch oven out of the oven and, gently holding the sides of the parchment paper, place the parchment paper and dough into the Dutch oven. Put the lid on and place it in the oven again to bake for 30 minutes.

Sandwich Loaf Pan: *place parchment paper inside the loaf pan (or butter/ oil) and then place the dough in seam side down. Tent loosely with a piece of foil and place in oven.*

7. After 30 minutes, remove the lid and bake another ten minutes or so, so the crust becomes a deep color.

Sandwich Loaf Pan: *after 30 minutes, take off the piece of foil and bake another ten minutes.*

8. Turn off oven, remove the Dutch oven, and place the bread onto a cooling rack. Let it sit for at least 30 minutes. The bread is still doing it's thing inside the crust; don't interrupt the magic!

9. Now slice it up (or just tear it apart) and enjoy!

Whatever You Want Soup

By Samin Nosrat, reprinted from NY Times

www.cooking.nytimes.com/guides/40-how-to-make-soup

For more about Samin Nosrat: www.saltfatacidheat.com

From Samin:

*This basic recipe can serve as a canvas for any kind of chunky soup. Mix and match ingredients to suit your cravings, using an aromatic base of onions and garlic, seasonings, flavorful stock (or water), and whatever main ingredients you choose. This recipe, like a similar one in Julia Turshen's cookbook *Small Victories*, highlights soup's basic transformative qualities. With just a bit of time, ordinary ingredients can become an extraordinary winter meal for tonight, and for days to come. Covered in the refrigerator, it will last for up to five days, but it also freezes exceptionally well for up to two months. Just return it to a boil before using.*

Ingredients

4 tablespoons butter, olive oil or neutral-tasting oil

2 medium onions, diced

3 cloves garlic, sliced

Kosher salt

6 to 8 cups meat, vegetables or other add-ins (see tips)

About 1 1/2 pounds raw, boneless chicken (optional)

About 8 cups water or chicken stock (see tips)

1. Set a large Dutch oven or stockpot over medium-high heat and add 4 tablespoons butter or oil. When the butter melts or the oil shimmers, add onions and garlic, and a generous pinch of salt.
2. Reduce the heat to medium and cook, stirring occasionally, until the onions are tender, about 15 minutes.
3. Place the meat, vegetables and other add-ins in the pot, along with the raw chicken (if using), and add enough liquid to cover. Season with salt. Increase heat to high and bring to a boil, then reduce to a simmer.
4. Cook until the flavors have come together and the vegetables and greens are tender, about 20 minutes more. If you added raw chicken, remove it from the soup when cooked, allow to cool, shred and return to the soup. Taste and adjust for salt.
5. Add more hot liquid if needed to thin the soup to desired consistency. Taste and adjust for salt.
6. Serve hot, and garnish as desired.

Tips from Samin:

For add-ins, you can use a combination of vegetables diced into 3/4-inch pieces (use one or more of carrots, fennel, celery, leeks, winter squash, potatoes or parsnips); cooked beans, lentils or chickpeas; up to 4 cups of sliced kale or green cabbage; or up to 3 cups of cooked, shredded chicken or pork, if not using raw chicken.

If desired, replace some of the liquid with bean broth, heavy cream, chopped tomatoes in their juices or full-fat coconut milk.

Meal & Prayer

Set the Space

You may wish to light a candle at your table, or lay down a tablecloth. If eating with others, consider incorporating a simple ritual of washing one another's hands.

Music is another meaningful way to mark a space as holy. Here are a few songs from The Table's Music Team that may help set the tone for the evening:

"Hosanna"

"Bread and Wine"

"Love Like There's No Tomorrow"

All songs can be found at: www.vimeo.com/thetablemc

The Meal

As you eat this meal, or share in whatever food you have present this evening, we invite you to engage in these texts and prayers from our Lenten devotional (p. 18-19, www.thetablemc.org/the-poetry-of-lent/). If with others, you can switch off reading verses or stanzas and engage in reflection together.

John 13.1-35

Now before the festival of the Passover, Jesus knew that his hour had come to depart from this world and go to God. Having loved his own who were in the world, he loved them to the end. The devil had already put it into the heart of Judas son of Simon Iscariot to betray him. And during supper Jesus, knowing that God had given all things into his hands, and that he had come from God and was going to God, got up from the table, took off his outer robe, and tied a towel around himself. Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was tied around him. He came to Simon Peter, who said to him, 'Lord, are you going to wash my feet?' Jesus answered, 'You do not know now what I am doing, but later you will understand.' Peter said to him, 'You will never wash my feet.' Jesus answered, 'Unless I wash you, you have no share with me.' Simon Peter said to him, 'Lord, not my feet only but also my hands and my head!' Jesus said to him, 'One who has bathed does not need to wash, except for the feet, but is entirely clean. And you are clean, though not all of you.' For he knew who was to betray him; for this reason he said, 'Not all of you are clean.'

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. Very truly, I tell you, servants are not greater than their master, nor are messengers greater than the one who sent them. If you know these things, you are blessed if you do them. I am not speaking of all of you; I know whom I have chosen. But it is to fulfil the scripture, "The one who ate my bread has lifted his heel against me." I tell you this now, before it occurs, so that when it does occur, you may believe that I am he. Very truly, I tell you, whoever receives one whom I send receives me; and whoever receives me receives the One who sent me.'

Meal & Prayer

After saying this Jesus was troubled in spirit, and declared, 'Very truly, I tell you, one of you will betray me.' The disciples looked at one another, uncertain of whom he was speaking. One of his disciples—the one whom Jesus loved—was reclining next to him; Simon Peter therefore motioned to him to ask Jesus of whom he was speaking. So while reclining next to Jesus, he asked him, 'Lord, who is it?' Jesus answered, 'It is the one to whom I give this piece of bread when I have dipped it in the dish.' So when he had dipped the piece of bread, he gave it to Judas son of Simon Iscariot. After he received the piece of bread, Satan entered into him. Jesus said to him, 'Do quickly what you are going to do.' Now no one at the table knew why he said this to him. Some thought that, because Judas had the common purse, Jesus was telling him, 'Buy what we need for the festival'; or, that he should give something to the poor. So, after receiving the piece of bread, he immediately went out. And it was night.

When he had gone out, Jesus said, 'Now the Child of Humanity has been glorified, and God has been glorified in him. If God has been glorified in him, God will also glorify him in Godself and will glorify him at once. Little children, I am with you only a little longer. You will look for me; and as I said to the Jews so now I say to you, "Where I am going, you cannot come." I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another.'

Singapore **by Mary Oliver**

In Singapore, in the airport,
A darkness was ripped from my eyes.
In the women's restroom, one compartment stood open.
A woman knelt there, washing something
in the white bowl.

Disgust argued in my stomach
and I felt, in my pocket, for my ticket.

A poem should always have birds in it.
Kingfishers, say, with their bold eyes and gaudy wings.
Rivers are pleasant, and of course trees.
A waterfall, or if that's not possible, a fountain
rising and falling.
A person wants to stand in a happy place, in a poem.

When the woman turned I could not answer her face.
Her beauty and her embarrassment struggled together, and
neither could win.
She smiled and I smiled. What kind of nonsense is this?
Everybody needs a job.

Meal & Prayer

Yes, a person wants to stand in a happy place, in a poem.
But first we must watch her as she stares down at her labor,
which is dull enough.
She is washing the tops of the airport ashtrays, as big as
hubcaps, with a blue rag.
Her small hands turn the metal, scrubbing and rinsing.
She does not work slowly, nor quickly, like a river.
Her dark hair is like the wing of a bird.

...

I don't doubt for a moment that she loves her life.
And I want her to rise up from the crust and the slop
and fly down to the river.
This probably won't happen.
But maybe it will.
If the world were only pain and logic, who would want it?

Of course, it isn't.
Neither do I mean anything miraculous, but only
the light that can shine out of a life. I mean
the way she unfolded and refolded the blue cloth,
The way her smile was only for my sake; I mean
the way this poem is filled with trees, and birds.

Reflection

Our Lenten devotional asks, "What does genuine love look like in practice?" What stood out to you from tonight's Scripture describing how Jesus loved on his disciples during his final meal?

What stood out to you from Mary Oliver's moment with another human, another woman, engaging in difficult work in such a way that Mary was struck by "the light that can shine out of a life"?

Drawing from these two illustrations, how can our acts of love "become more tangible, more concrete, more incarnate?"

Prayer

"God of love, help my love become more tangible, more luminous, more clear today - and every day." Amen.

Upcoming

Good Friday - April 2, 2021

Join us online for Holy Friday at 7:00pm on April 2. A reflection by Pastor Linda will be joined by music, prayer, & scripture. Our Holy Friday gathering will be available on our Facebook page.

Easter Sunday - April 4, 2021

Join us for Online Easter Worship at 9:30am on April 4. A celebration weaving inspired music and a relevant Easter message rooted in Mark 16.1-8 and Mary Oliver's "Morning Poem" & "The Swan".

Easter Offering

To make a gift to support our Easter Offering, visit:
www.thetableumc.churchcenter.com/giving

Our Easter Offering this year will be divided evenly to support:

- **The South Sacramento Interfaith Partnership (SSIP) Food Closet:** Established in 1969 to serve families and individuals in the South Sacramento area facing food insecurities. SSIP provides food assistance for an average of 9,000 people a month.
- **Table Farm:** A non-profit urban farm consisting of 1/5th acre at an elementary school in Hollywood Park. The Table assumed responsibility for managing this micro farm in August of 2020 and hopes this space will empower young people through leadership development and justice-centered spiritual reflection.

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