



Welcome. We are a group of  
**F**riends **E**xploring **A**nd **S**haring **T**ogether  
and the Soul Food Café aims to be an open, welcoming  
space to ask life's big questions over warm food and even  
warmer conversations.

Remember we each come as we are – there is no pressure,  
no judgment, we simply wish to offer you the opportunity  
to connect with others and discover food for your body,  
mind and soul.

Each week we will follow the same rhythms

**F**riends gathering in communities new and old.  
**E**xploring the theme, asking deeper questions  
**A**nd then taking time to reflect and respond.  
**S**haring our thoughts and feelings, as  
**T**ogether we offer support for each other.

So, whether you are a lifelong Christian, or are just at the  
beginnings of faith, please pull up a chair and we hope  
that you find space to **FEAST** as you discover, reflect,  
and grow with this community.

## Week 1 – Soul Food: All the Things that Nourish Us.


 *Luke 4:1-13 / Psalm 91:1-2, 9-16*

### Being Friends

- What meal brings you comfort, and what makes it special to you?
- If you could invite a person from history to a dinner party who would it be and why?
- What role does sharing food play in your home or friendships?

### Being Explorers

- It can be said that “**we do not live by bread alone.**” What else might nourish us beyond food?
- Have you ever craved something beyond food—peace, belonging, purpose?
- What does it mean to be nourished—not just physically, but in your soul?

 **And Reflect ...** We all need nourishment beyond just food and drink — those things that sustain our hearts, minds, and spirits. Will you accept Lent’s offer to explore deeper sources of nourishment and reflect on what truly feeds you?

### Being Sharers:

- **Activity:** If your soul could write a shopping list, what would be on it? (peace, laughter, adventure, stillness etc).
- In what ways can you offer nourishment to others that goes beyond food—perhaps through a kind word, a thoughtful gesture, or sharing a personal story?
- Think about a time a time when someone’s kindness made a deep impact on you. How did that experience enrich your life?
- If you had to prepare a “soul meal” for someone, what would it include? What experience would nourish them?
- Which word or phrase from today’s discussion will you carry into the week ahead?

### Being Together

- Take a moment of quiet to offer thanks for the experiences and connections that nourish you both physically and emotionally.

**May the God who faced the wilderness  
feed our souls today.  
Amen**



## Week 2 – Soul Shelter: Nourished by a Safe Home (for everyone)

📖 *Luke 13:31-35 / Psalm 27*

### 🤝 Being Friends

- Think of a place where you felt truly at home. What made it special?
- Have you ever been welcomed unexpectedly? How did that feel?
- If you could design a space of warmth and belonging, what would it look like?

### 🔍 Being Explorers

- Jesus spoke of gathering people ***"like a hen gathers her chicks."*** What does this image of shelter mean for you?
- What does "home" mean to you? Is it a place, a feeling, or something else?
- What are some of the small ways we can help people feel at home in our communities?

✚ **And Reflect ...** God desires a safe home for everyone, and we are called to advocate for justice and peace. What actions and commitments can you make to help create safe, welcoming spaces for all?

### 💬 Being Sharers

- **Activity:** Build a shelter/ house using items around you—what words or values make up the foundation of a safe home?
- Where locally and globally do you see people longing for shelter—both as physical homes and emotional refuge?
- If you could build a community shelter—not just physical, but emotional—what values would it hold?
- Think of a time when you felt lost. What helped you find your way back to a sense of belonging?
- How can we extend hospitality beyond our own homes to those in need?
- Which word or phrase from today's discussion will you carry into the week ahead?


### 🙏 Being Together

- Take a moment of quiet to offer thanks for the places and people who have made you feel at home both physically and emotionally.

**May God, the Mother Hen,  
shelter our souls today.  
Amen**



## Week 3 – Soul Rest: Nourished by Patience and Slowness


 *Luke 13:1-9 / Psalm 63:1-8*

### Being Friends

- When was the last time you truly felt rested? What helped?
- What is one thing that makes you feel peaceful?
- How do you make space for quiet moments in your daily life?
- Share a favourite way to slow down and be present in the moment.

### Being Explorers

- The gardener in Jesus' story asks for more time for the fig tree to grow. What does this tell us about patience?
- We often struggle with rest? What stops us from slowing down?
- How does rest and reflection help us to grow?

 **And Reflect ...** Rest and reflection are not just about productivity—they hold intrinsic value. Can you commit to taking time to pause and be still each day this week to reconnect with yourself and God?

### Being Sharers

- **Activity:** Take 3 minutes of silence together—what do you notice about your body, mind and soul?
- If you could write a personal “permission slip” to rest what would it be, and how might it change you?
- Share a time when stepping back helped you see things more clearly.
- What are the ways to embrace rest and slowness rather than resisting it?
- What small change can you make to create space for slowness?
- Which word or phrase from today's discussion will you carry into the week ahead?


### Being Together

- Take a moment of quiet to offer thanks for the rest and renewal that you have found helpful today.

**May God, the Patient Gardener, provide  
rest and nurture for our souls today.  
Amen**



## Week 4 – Soul Repair: Nourished by Unconditional Love and Forgiveness


 *Luke 15:1-3, 11b-32 / Psalm 32*

### Being Friends

- Share a time when someone's kindness helped you heal.
- How do you comfort others when they are hurting?
- When have you experienced reconciliation in a relationship?

### Being Explorers

- The father in Jesus' story welcomes his son before he even apologizes. What does this teach us about grace?
- How does this story challenge our ideas of fairness and forgiveness?
- What does forgiveness mean to you? Is it easy or difficult?

 **And Reflect ...** Despite all the ways we may try to distance ourselves from God, God continually seeks us out. What insights have resonated deeply within you today?

### Being Sharers

- **Activity:** Write or stitch a fabric patch symbolising restoration.
- Think of a way you can extend grace this week—through words, actions, or understanding.
- If forgiveness feels too hard, what's one small step you could take toward peace?
- Think of a time when you were forgiven for something. How did it feel?
- What does "coming home" mean to you - not just physically, but emotionally or spiritually?
- Discuss how acts of kindness can be part of soul repair.
- Which word or phrase from today's discussion will you carry into the week ahead?


### Being Together

- Take a moment of quiet to offer thanks for the moments of courage shown when we seek and offer forgiveness.

**May God, the Loving Parent,  
embrace our souls today.  
Amen**



## Week 5 – Soul Mates: Nourished by Companionship


 *John 12:1-8 / Psalm 126*

### Being Friends

- Who has been a significant companion on your journey?
- What qualities make a good friend?
- Share a time when a friend or community supported you.
- How do you know when a relationship is life-giving and nourishing?

### Being Explorers

- Mary anointed Jesus with costly perfume. How does this act of love challenge us in how we might express care for others?
- The fragrance filled the entire house. What might be our “fragrance” of faithfulness?
- How does Jesus’s defence of Mary inspire us to stand up for others?

 **And Reflect ...** We all need companionship, and building true friendship requires a generous investment of our time and resources. Who is God prompting you to reach out to?

### Being Sharers

- **Activity:** Make friendship bracelets or write letters of appreciation to someone who has been a “soul mate” in your life.
- How do we become better at both giving and receiving support?
- How can we be better companions to others in need?
- How do we build deeper, more meaningful relationships?
- What small but meaningful act could you do for a friend this week?
- Which word or phrase from today’s discussion will you carry into the week ahead?

### Being Together

- Take a moment of quiet to offer thanks for the friends and companions whose kindness and love have supported you.

**May God, our Friend, be like a pleasant fragrance for our souls today.  
Amen**



## Palm Sunday – Soul Songs: Nourished by Music from the Heart


 *Luke 19:28-40 / Psalm 118:1-2, 19-29*

### Being Friends

- What song always lifts your spirit?
- If your life had a soundtrack, what would be the main theme?
- How does music help us connect with others in ways that words alone cannot?
- Have you ever had a moment where a song or piece of music deeply moved you?

### Being Explorers

- As Jesus entered Jerusalem, people sang and shouted praise. Why do you think singing is such a powerful part of faith traditions?
- The Pharisees wanted the crowd to be silent, but Jesus said, “If they keep quiet, the stones will cry out.” What do you think this means?
- Where do you see joy breaking through in the world today?

 **And Reflect ...** Worship is not just for us—it is something that even creation itself longs to express. Where do you see or hear creation singing God’s glory?

### Being Sharers

- **Activity:** Create a personal “Soul Song” playlist or vinyl record label with a meaningful lyric or phrase.
- Can you imagine yourself within the Palm Sunday crowd—would you be shouting joyfully, watching in curiosity, or holding back?
- How does the idea of a steadfast love enduring forever connect with your understanding of God?
- What songs would you choose to best reflect your personal values?
- Is singing, especially in difficult times an act of faith or resistance, or both?
- Which word or phrase from today’s discussion will you carry into the week ahead?


### Being Together

- Take a moment of quiet to offer thanks for the gift of music and creative expression.

**May God, the Bringer of Peace, and  
Worker of Mighty Deeds, bring out songs  
of praise from our souls today.  
Amen**



## Good Friday – Soul Support: Nourished by Each Other when Times are Tough


 *John 19:13-42 / Psalm 22*

### **Being Friends**

- When has someone's support made a difference in your life?
- How do you find strength in difficult times?
- Who has been a "rock" for you in times of trouble?
- How can we be a source of comfort to others?

### **Being Explorers**

- Jesus endured suffering on the cross—how does this shape our understanding of perseverance and hope?
- Psalm 22 begins in lament but ends in trust—how do we hold both grief and faith together?
- What does it mean to carry one another's burdens as a community?

 **And Reflect ...** Even in the most challenging times, we can draw strength from those around us. We are never truly alone—God and our community walk with us.

### **Being Sharers**

- **Activity:** Hold a stone representing burdens, then lay it down in prayer, symbolising surrender and trust.
- Can suffering be transformed into something meaningful?
- Are you able to share a time when you faced hardship, and what (who) helped you through it?
- Discuss practical ways we can support one another in difficult times.
- In moments of suffering, where do you see glimpses of hope?
- Which word or phrase from today's discussion will you carry into the week ahead?

### **Being Together**

- Take a moment of quiet to offer thanks for the presence of others who walk with us in times of hardship and suffering.

**May the God, who suffered pain beyond our comprehension, grant that our souls are supported through the hardest times.**  
**Amen**





## Easter – Soul Stories: So Well Nourished that We Have to Share it


 *Luke 24:1-12 / Psalm 118:1-2, 14-24*

### **Being Friends**

- Have you ever had a moment in your life that felt like a whole new beginning?
- What is one of the best stories you have ever heard or told, and why do you remember it?
- Who in your life has shared their faith in a way that impacted you?
- What does the phrase “Good News” mean to you personally?

### **Being Explorers**

- The women at the tomb were the first to share the resurrection story—how does this inspire us?
- Why is storytelling such a powerful way to pass on faith?
- What makes your story compelling and memorable?

 **And Reflect ...** Jesus is alive, and death has been defeated! With whom or where can you share this story of transformation and bring hope and joy to the world?

### **Being Sharers**

- **Activity:** Write or illustrate your personal life story— can you see or recall any moments where God may have been at work?
- What small ways do you notice new life and hope appearing around you?
- Have your thoughts and ideas of God or faith changed over this period of Lent?
- What thoughts or feelings do the words “Good News” bring to your soul in light of the Easter story?
- How might you begin to look for God in everyday life?
- Which word or phrase from today’s discussion will you carry into the week ahead?

### **Being Together**

- Take a moment of quiet to offer thanks for the stories of hope that have shaped our lives.

**May the Living God so fill our hearts  
with joy and hope that we cannot  
keep the good news to ourselves.**

**In the name of Christ, Alleluia!**

