

Agapé for Maundy Thursday

From the Book of Occasional Services, 2003

The celebration of festal meals is not appropriate during Holy Week. In Christian tradition such festivities take place only after the Lenten fast has been completed by the celebration of the Great Vigil -- which is the Passover Feast of Christians -- and the reception of Easter Communion.

A meatless meal is to be preferred for this night. The setting should be austere and the foods sparse and simple. Appropriate foods include soup, cheese, olives, dried fruit, bread, and wine. Attached are a few recipes from the Calvary Staff and their families appropriate to the occasion.

We suggest that the meal be made ready and your table set before Calvary's live-stream of the Maundy Thursday liturgy begins. The liturgy will last for approximately 30 minutes (7-7:30 p.m.), after which you may celebrate the agapé meal in your home. The live-stream will begin again at 8 p.m. for the Stripping of the Altar.

The following blessings are recited by the leader at the beginning of the meal, all standing.

Over Wine

Blessed are you, O Lord our God, King of the universe. You create the fruit of the vine; and on this night you have refreshed us with the cup of salvation in the Blood of your Son Jesus Christ. Glory to you for ever and ever. *Amen.*

Over Bread

Blessed are you, O Lord our God, King of the universe. You bring forth bread from the earth; and on this night you have given us the bread of life in the Body of your Son Jesus Christ. As grain scattered upon the earth is gathered into one loaf, so gather your Church in every place into the kingdom of your Son. To you be glory and power for ever and ever. *Amen.*

Over the Other Foods

Blessed are you, O Lord our God, King of the universe. You have blessed the earth to bring forth food to satisfy our hunger. Let this food strengthen us in the fast that is before us, that following our Savior in the way of the cross, we may come to the joy of his resurrection. For yours is the kingdom and the power and the glory, now and for ever. *Amen.*

During the meal or toward its close, a person appointed reads the seventeenth chapter of the Gospel according to John.

John 17

After Jesus had spoken these words, he looked up to heaven and said, 'Father, the hour has come; glorify your Son so that the Son may glorify you, since you have given him authority over all people, to give eternal life to all whom you have given him. And this is eternal life, that they may know you, the only true God, and Jesus Christ whom you have sent. I glorified you on earth by finishing the work that you gave me to do. So now, Father, glorify me in your own presence with the glory that I had in your presence before the world existed.

'I have made your name known to those whom you gave me from the world. They were yours, and you gave them to me, and they have kept your word. Now they know that everything you have given me is from you; for the words that you gave to me I have given to them, and they have received them and know in truth that I came from you; and they have believed that you sent me. I am asking on their behalf; I am not asking on behalf of the world, but on behalf of those whom you gave me, because they are yours. All mine are yours, and yours are mine; and I have been glorified in them. And now I am no longer in the world, but they are in the world, and I am coming to you. Holy Father, protect them in your name that you have given me, so that they may be one, as we are one. While I was with them, I protected them in your name that you have given me. I guarded them, and not one of them was lost except the one destined to be lost, so that the scripture might be fulfilled. But now I am coming to you, and I speak these things in the world so that they may have my joy made complete in themselves. I have given them your word, and the world has hated them because they do not belong to the world, just as I do not belong to the world. I am not asking you to take them out of the world, but I ask you to protect them from the evil one. They do not belong to the world, just as I do not belong to the world. Sanctify them in the truth; your word is truth. As you have sent me into the world, so I have sent them into the world. And for their sakes I sanctify myself, so that they also may be sanctified in truth.

'I ask not only on behalf of these, but also on behalf of those who will believe in me through their word, that they may all be one. As you, Father, are in me and I am in you, may they also be in us, so that the world may

believe that you have sent me. The glory that you have given me I have given them, so that they may be one, as we are one, I in them and you in me, that they may become completely one, so that the world may know that you have sent me and have loved them even as you have loved me. Father, I desire that those also, whom you have given me, may be with me where I am, to see my glory, which you have given me because you loved me before the foundation of the world.

‘Righteous Father, the world does not know you, but I know you; and these know that you have sent me. I made your name known to them, and I will make it known, so that the love with which you have loved me may be in them, and I in them.’

The agapé concludes with a psalm, or with a song, or with a prayer, or with a blessing or dismissal.

Psalm 42

- 1 As the deer longs for the water-brooks, *
so longs my soul for you, O God.
- 2 My soul is athirst for God, athirst for the living God; *
when shall I come to appear before the presence of God?
- 3 My tears have been my food day and night, *
while all day long they say to me, “Where now is your God?”
- 4 I pour out my soul when I think on these things: *
how I went with the multitude and led them into the house of God,
- 5 With the voice of praise and thanksgiving, *
among those who keep holy-day.
- 6 Why are you so full of heaviness, O my soul? *
and why are you so disquieted within me?
- 7 Put your trust in God; *
for I will yet give thanks to him,
who is the help of my countenance, and my God.

- 8 My soul is heavy within me; *
therefore I will remember you from the land of Jordan,
and from the peak of Mizar among the heights of Hermon.
- 9 One deep calls to another in the noise of your cataracts; *
all your rapids and floods have gone over me.
- 10 The Lord grants his loving-kindness in the daytime; *
in the night season his song is with me,
a prayer to the God of my life.
- 11 I will say to the God of my strength,
"Why have you forgotten me? *
and why do I go so heavily while the enemy oppresses me?"
- 12 While my bones are being broken, *
my enemies mock me to my face;
- 13 All day long they mock me *
and say to me, "Where now is your God?"
- 14 Why are you so full of heaviness, O my soul? *
and why are you so disquieted within me?
- 15 Put your trust in God; *
for I will yet give thanks to him,
who is the help of my countenance, and my God.

Prayer for the Human Family (BCP, p.815)

O God, you made us in your own image and redeemed us through Jesus your Son: Look with compassion on the whole human family; take away the arrogance and hatred which infect our hearts; break down the walls that separate us; unite us in bonds of love; and work through our struggle and confusion to accomplish your purposes on earth; that, in your good time, all nations and races may serve you in harmony around your heavenly throne; through Jesus Christ our Lord. *Amen.*

Agapé Recipes

Shared with unconditional love
by the Calvary Staff & their families

Helario's Hummus

from Helario Reyna

Ingredients:

- 2 - 15oz cans Chick Peas / Garbanzo Beans
- 4 - 6 cloves garlic
- 6 Tbs Tahini
- 1 lemon
- 1/3 cup Extra Olive Oil
- 1/2 tsp Black pepper
- 1/2 tsp salt
- 1 1/2 tsp Cumin
- 1/8 tsp Cayenne

Put peeled garlic in food processor and pulsate the garlic. With spatula push down chopped garlic.

Drain most of the liquid from the chick pea cans (Or drain all liquid and rinse lightly the chick peas and add 1/4 can water). Put chick peas in food processor.

Add olive oil, juice of lemon, tahini, black pepper, salt, cumin and cayenne in the food processor and mix. In between times use spatula to scrape down excess from sides of container of food processor. Mix till smooth. Taste and adjust to your liking.

Bonus: Helario's Pita Chips

Ingredients:

- Pita bread
- Garlic salt
- Cayenne

Preheat oven to 400°.

Brush olive oil on pita top and bottom. Sprinkle garlic salt and light cayenne on pita. Cut pita in 4 or 6 pieces. Put on a non stick bake pan and put in preheated oven. Bake for 10 - 15 minutes.

Other suggestions: falafel, celery sticks, carrot sticks, green or red bell pepper chopped into wide planks and cucumber spears.

Lavash

By Alton Brown (via Ruthie McLain)

Combine:

- 2 1/2 c. flour
- 1 t. salt
- 1/2 t. sugar

Add all at once:

- 2/3 c. water
- 1 egg

Use to brush back side of large baking sheet:

- 5 T. butter or less, melted and divided

Knead dough in bowl 5-6 times. Divide dough into 1/3's and let rest for 30 minutes covered with a towel. Preheat oven to 375 degrees. Butter the backside bottom of a sheet and roll out one of the rounds. Yup, on the backside. When you have rolled it as thin as you can, use your fingers to press it out to the edges. Get it as thin as you can. Alton doesn't add anything to this cracker. I do. My favorite is Nori Komi Furikaki rice seasoning that obviously has seaweed flakes and toasted sesame seeds. I also add salt. Get the rolling pin out again and roll over it so when you crack the cracker most of the toppings stay in place. Simple salt and pepper, all the things on an everything bagel, or plain works. Bake 10-15 minutes. Makes three huge crackers you break apart.

Hearty Cornbread

(adapted from Ardelle's Mama and from her Mama)

Combine:

- 1 c. yellow cornmeal
- 1 c. whole wheat flour or brown rice flour
- 4 tsp baking powder
- $\frac{3}{4}$ tsp salt
- 1-2 Tbsp sugar

Add:

- 2 eggs
- 1 c. milk
- $\frac{1}{4}$ c. oil (I usually use canola but I really should try olive oil)

Beat until smooth. Pour into a well-used cast iron skillet (10-inch for thicker, 12-inch for thinner) ... or a square 9-inch glass pan if you must. Bake @ 425 for 20-25 minutes.

Mary's Potato Soup

from Mary O'Brien

Ingredients:

- 3 cups cubed Yukon Gold potatoes
- 1 small carrot grated
- $\frac{1}{2}$ cup chopped onion
- 1 Tablespoon chopped parsley
- $\frac{3}{4}$ teaspoon kosher salt
- $\frac{3}{4}$ teaspoon cracked black pepper
- $\frac{1}{2}$ teaspoon celery salt
- 16 ounces chicken or vegetable broth
- 3 Tablespoons flour
- 3 cups milk
- 1 cup shredded cheese (I prefer gruyere, but you can use cheddar)

Bring broth to a boil and add the vegetables and seasonings. Reduce heat and simmer covered until potatoes are tender (about 10 to 15 minutes). Whisk the flour and milk together until smooth. Stir into soup and return to a boil stirring constantly until thickened (about 2 minutes). Stir in cheese until melted and serve with thinly sliced spring onions.

Wild Rice and Mushroom Soup

from a little old lady named Althea Bonsa, Kristin Lensch's surrogate grandmother, and who would have been the perfect Lutheran nun, if there ever was any such thing.

Ingredients:

- 1/2 c. butter or margarine
- 1 lb. fresh sliced mushrooms
- 1 clove garlic
- 6 c. broth (chicken, or non-tomato based vegan)
- 1/2 c. each - minced onions, carrots, celery
- 4 oz. wild rice
- 1/2 c. dry white wine (optional)
- 2 TB flour
- 3 TB water
- 1 c. half & half (can substitute 1 c. evaporated milk)
- 1/4 c. chopped parsley

Melt 1/4 c. butter in large sauce pot. Add mushrooms and cook until tender. Remove mushrooms from pan; set aside. Melt remaining butter in pan and add onions, carrots, celery and garlic. Cook until vegetables are tender. Stir in broth - heat to boiling. Rinse rice & stir into broth. Cover and simmer 1 hour. Stir in reserved mushrooms and wine. Blend flour and water. Stir into soup - heat to boiling, stirring constantly. Stir in cream. Garnish with chopped parsley.

Simplest Lentils

from Ardelle Walters

Ingredients:

- 1 medium onion, chopped
- ½ c. chopped carrots
- 2 Tbsp. olive oil
- 1 qt. Bone broth (or chicken/beef stock or vegetable stock ...)
- 1 c. lentils
- Salt to taste

Heat oil over medium heat in cast iron pot (or whatever pot you cook soup in). Add onions, sauté for a few minutes, add carrots, sauté a few more minutes, add lentils & yep, stir for just a few minutes more.

Add broth/stock. When bubbles start to appear, reduce heat and simmer 20-30 minutes. Add salt to taste.

Consider serving with salad & hearty cornbread.

Pasta e Fagioli

from Amber Carswell

Ingredients:

- 8 oz. dried medium white beans (such as cannellini), soaked overnight
- Kosher salt
- 4 carrots, scrubbed, diced
- 1 leek, white and pale green parts only, halved lengthwise, diced — or one onion, diced
- 6 garlic cloves
- ⅓ cup extra-virgin olive oil, plus more for drizzling
- Freshly ground black pepper
- 1 15-oz. can whole peeled tomatoes
- 1 bunch kale, ribs and stems removed, leaves torn
- 1–2 Parmesan rinds
- 2 bay leaves
- 1 smoked ham hock (optional)
- 8 oz. small pasta
- Finely grated Parmesan, crushed red pepper flakes, and crusty bread (for serving)

If you haven't soaked the beans, do a power soak: Place beans in a large pot, cover with water by 1", and bring to a boil over high heat. As soon as the water comes to a boil, remove pot from heat, stir in a palmful of salt, cover pot, and let beans sit 1 hour.

Heat ⅓ cup oil in a large pot or Dutch oven over medium. Add vegetables, season generously with salt and pepper, and cook, stirring often, until vegetables soften and gently brown.

Add beans and their soaking liquid, tomatoes, and kale; season with salt and pepper. Bring to a boil, then add Parmesan rinds, ham hock (if using), and bay leaves. Reduce heat to medium-low and bring to a gentle simmer. Cook soup with lid askew, adding water (or stock, if you have it) as needed to keep beans submerged by 1", until beans are very tender, 1–3 hours, depending on size and age of beans. Fish out and discard Parmesan rinds. Remove ham hock and use a fork to pull meat off the bone. Return meat to soup; discard bone and any large pieces of fat.

Cook pasta in a large pot of boiling well-salted water, stirring occasionally, until very al dente, about 3 minutes less than package directions. Drain pasta and add to soup, then taste and season with more salt and pepper if needed. (Do not try to skip a step by cooking the pasta in the soup. The noodles will absorb all the available liquid and the liquid will be thick and gummy.)

Divide soup among bowls. Top with Parmesan, drizzle with oil, and sprinkle with red pepper flakes. Serve with bread for dunking.

Beets: Orange you glad you got this recipe?

from Ruthie McLain

Ingredients:

- 8 beets
- 4 Tbsp butter, melted
- 1 Orange
- 1 Tbsp orange juice concentrate
- Salt & Pepper to taste

For 8 beets, here's how easy orangey it goes! Preheat oven to 375

Peel and quarter/large dice your beet quantity. Add the butter, the zest and juice of one orange plus the orange juice concentrate (you know, the frozen juice!). Add salt and pepper to taste. Roast in the oven in a baking dish stirring occasionally. Should take about an hour, but you'll know when a fork goes in easy-orangey! They taste completely like oranges. Not kidding. Would I kid you?

Ardelle's Almost-Daily Salad

Ingredients:

- Leafy greens
- Chopped apple (I usually use sugarbee or fuji or honeycrisp)
- Dash olive oil
- Dash maple syrup (or balsamic vinegar)
- Optional: Roasted almonds or cashews

Toss all ingredients and serve immediately.