



St Dominic's Sixth Form College

Thoughts from Year 2 Core RE | June 2025



The second assessment in Y13 followed the talk *"Supper at Emmaus"* and was based on the theme of *"Eating Together."* Students had a choice of questions. The work they produced was reflective, insightful, and confidently articulated. It was encouraging to see how many students used the assessment as an opportunity to show how they endeavour to live out the demands of their faith in their everyday lives. Their responses gave a strong sense of how far they have come on their spiritual journey during their two years with us at St Dominic's.

Here are three lovely pieces of work, all very different in style, but each demonstrating true "learning of the heart". (These students chose to answer the question: "How important is the sharing of food to you? Explain the religious significance of a shared meal/meals you have experienced.")

"Eating together" by **Francis Sands**

In the Bible we are introduced to the importance of a shared meal. For example, Jesus shares the Last Supper with his disciples before he is crucified to forgive our sins. This meal is made present once again each time Mass is celebrated in the Eucharist.

Many Catholics also eat together daily. The family will come together in the evening and share a meal. This builds a strong bond between the family and allows for a time when everyone is brought together in a calm way.

We are taught in scripture that we must love our neighbour and sharing a meal can be a good way to enact this teaching. The act of cooking one's family a meal and taking time to eat it with everyone shows a sense of closeness and a sense of love. Many families will also take time to pray before meals, thanking God for the food and wellbeing of everyone around the table, strengthening each member of the family's connection to God.

Christmas can be another example of a significant gathering together to share food. My family visits my aunt who prepares a meal for the whole extended family to eat after Church. Celebrating Jesus' birth as a congregation, all gathered in the same place of worship, and united in the Eucharist, is very special.

The act of sharing food is present and valued within other religions. For example, Jewish people celebrate shabbat every week. They share a meal with family and friends praising God and spending quality-time together.

Setting time aside to eat together – time that could be used to do something else, especially in our busy, modern world – is a clear example of love of others. It encourages the appreciation of God's gifts to us and further roots the foundations of familial and other bonds.

"Eating together" by Chris Pinto

As a Catholic I have been reading the Bible from a young age. I have been taught about the importance of sharing what we have with others. ("Clothe the naked and feed the hungry.") Sharing food is one of many ways of giving to those in need.

Every Sunday my family and I eat together. We go to Church and each week we donate to charity. We give because Jesus said we should love God with all our heart and love our neighbour as ourselves.

Something I've only started doing recently is sharing a meal with one of my friends. It means I must go out of my way and use a free period to go to a store to choose something we can share together. It's my good deed for that day and it builds rapport.

Acts of kindness and especially sharing a meal are religiously important. We may not recognise the person begging on the other side of the street, but God has created him in his image. His dignity as a human being cannot be taken away from him. Which means it is only right to offer him something kindly.

Doing things like this strengthens my relationship with God just like going to Mass does when we remember the Last Supper. This is a special meal when we receive Jesus Christ in the Eucharist. It's a way to remember his sacrifice on the cross and to grow closer to him on earth.

"Eating together" by Ellen Neza

Through my own personal experiences, I find the act of sharing meals holds great significance, especially within my own religion, Catholicism. Sharing food serves not only to nourish and take care of our bodies, but it is also a powerful way of fostering a community filled with appreciation for the food we are privileged to receive, as well as growing a deeper connection amongst one another.

In Catholicism, the act of sharing food holds profound religious significance. Jesus loved meals, everything he did was meals whether meeting with tax collectors or the wedding at Cana. In the Last Supper he shared a meal with his disciples, saying, "This is my body given up for you. Take it and eat it. Do this in memory of me. This is my blood, the blood of the new covenant. This is poured out for the forgiveness of sins." Jesus is truly present in the Eucharist when he gives himself to us. In this way we are joined with the body of Christ as we share in this mystery which unites us all.

Sharing meals reminds me of the virtues I aspire to as a Catholic, such as hospitality, generosity and gratefulness. Jesus was criticised by his religious opponents for sharing meals with social outcasts. His teachings remind me of how important it is to share food, especially with those less fortunate or those who are marginalised.

Many Churches (including mine) host afternoon teas and meals, where we gather and bond over shared meals. Sharing meals also comes with saying grace before we eat. This expresses our appreciation for having enough to eat and for

the variety of foods we can enjoy. This creates a sense of unity, love and thankfulness among everyone.

Growing up, I have experienced how meals can bring people closer together, for instance, family dinners or going out with friends to restaurants. With these meals, there is a reinforcement of social bonds and a sense of belonging and support. Family dinners and meals out with friends were opportunities for me to take time away from the business of my life and communicate with people I care about in a relaxed and open way. I left these meals with a sense of inner peace and love, feeling closer to those around me.

In conclusion the sharing of meals holds for me deep religious, social and personal significance. Through the Eucharist, social gatherings, Church events, meals with loved ones and acts of charity (like sharing food with people who are less fortunate) my faith has grown. Shared meals are also a way for me to live in accordance with the values that I believe are most important.

Wishing you a happy summer

Helena Shaw

Head of Core RE