

LOCKDOWN DAY 78 – 12 JUNE 2020

Good day dear family and friends of False Bay Diocese,

Scripture: Mark 14:12-16, 22-26 Hymn: *I am the bread of life*

Some took up the challenge to bake bread yesterday and enjoyed the deliciously homely aroma of newly baked bread. As we consumed the bread, so we are invited to feed on the humanity of Jesus, to fill our hearts, minds, soul and our very inner being with what Jesus is saying. In our re-enactment of Jesus' command at the communion table, we eat bread and drink wine, representing the broken body of Jesus and the blood he spilled for us. The bread remains bread, the wine remains wine, but by consuming it in faith, we take Jesus' body and blood, his humanity, his divinity, into ourselves, into our very being. Jesus becomes part of us, as we become part of Jesus.

What Jesus says and does at the Last Supper is a culmination of an entire lifelong pouring out of himself in love. So Jesus' flesh and blood sustains, protects, and frees us as a people, who then embody for others his unbreakable commitment of love. When the priest breaks the bread during the celebration of the Holy Eucharist, he/she asks the congregation "The bread which we break is it not a sharing of the body of Christ? And our response is **"We, who are many, are one body for we all partake of the one bread."** **"Ons wat baie is, is almal een liggaan want ons deel almal in die een brood."** **"Thina, sibani nje, simzimba mnye kuba sonke sabelana ngeso sonka sinye."** **"Many"** does not mean that some are left out; instead it signifies the totality, it signifies community.

The Eucharist is about Christ gathering people into community. Even with our churches shut at present, Christ still binds us together in Spiritual Communion. It is a "low point" in the church's life due to Covid 19, yet Jesus is still pouring out his life for us as we gather around the table in our homes – let us not fail to build **community** in our own homes and families. Let us not provoke each other. Let our relationships with each other provide openings into the deeper reaches of our spiritual life, into deeper relationship with one another and with God. Jesus knows our weakness but also knows something more. Jesus knows that there is a God who is with us more fully than we are with each other. It is God who will keep the church, even though we the Body of Christ are scattered at this time, God will keep us together if we will only place our trust in God. The truth is that we can rely on God to make community among us even – and especially – when our own efforts fail.

I pray that we will see God's continual healing presence among us. Let us be the community that helps those in our sacred circle and beyond to experience the fruits of the Spirit with each other: love, joy, peace, patience, kindness, goodness and gentleness.

Our hope is not in our own good works, as important as they are, but in the fact that God is always working toward the building of heaven on earth. God does this work in the midst of our brokenness, and nowhere is that brokenness more evident than in our fragile and failed attempts to create community. Let us live in community knowing that what God created whole and is bringing back together, no human power, no Covid-19 pandemic, can ultimately put asunder.

Today please **reach out** to a sidesperson, thanking them for the sense of community that they bring to our churches. Also **reach out** to a loved one who has shown an unbreakable bond and commitment to you.

In **our prayers** we meditate on how "the cup" symbolizes both suffering and the life force that empowers us to endure suffering for the sake of the gospel. Pray for those who God places on your heart and mind to pray for today. We pray the Prayer of Commitment, paragraph 88 on pg 129 of An Anglican Prayer Book. When we say **Amen** we reflect on what that Amen means for us today and recommit ourselves to the irrevocable bond we have with the Holy One. Amen

I am, Because We Are, Because God is.....Opening hearts to heal God's world. ***Goodbye community of listeners. God be with you 'til we meet again.***