

Bread and wine

- Revd Kit Gunasekera

I have been enjoying the spiritual communion. As we think about the meeting on the road to Emmaus and the meal at the house that evening we are conscious that Jesus made himself known in the breaking of bread. At the moment we are savouring fresh bread when we get it, others are baking their own.

I would like to share again the words used by Ivor Smith Cameron in Pilgrimages and collected in Seasons with the Spirit.

Reflection

Be gentle when you touch bread,
Let it not lie uncared for – unwanted
So often bread is taken for granted
There is much beauty in bread –
Beauty of sun and soil
Beauty of patient toil
Winds and rains have caressed it.
Christ often blest it,
Be gentle when you touch bread.

Be loving when you drink wine,
So freely received and joyfully shared
In the spirit of Him who cared,
Warm as a flowing river,
Shining and clear as the sun
Deep as the soil

Of human toil,
The winds and the air caressed it,
Christ often blest it,
Be loving when you drink wine.

Song: Here is bread, here is wine – you can listen to it here -
<https://www.youtube.com/watch?v=w9nOWL30EP8>

Here is bread, here is wine
Christ is with us, he is with us
Break the bread, drink the wine
Christ is with us here

Here is grace, here is peace
Christ is with us, he is with us
Know his grace, find his peace
Feast on Jesus here

*In this bread there is healing
In this cup there's life forever
In this moment, by the Spirit
Christ is with us here*

