

Bread that nourishes life

- Revd Kit Gunasekera

Sometimes I like to check up on which saint is being remembered by the church. This morning its Catherine of Siena. She was born in 1347, the second youngest of 25 children!

Pious from her earliest days, she overcame family opposition to her vocation and became a Dominican tertiary at the age of 18. Nourished by a life of contemplative prayer and mystical experience, she devoted her self to active care for the poor and sick. She became increasingly sought after as an advisor on political as well as religious matters, and also wrote a Dialogue on the spiritual life. She suffered a stroke on the 21st April 1380 and died 8 days later.

Being one of 25 children, it may have been hard to stand out, and few of us I suspect may have heard of her, and yet, in her short life, she accomplished much. What nourished this life?

³⁵ Then Jesus declared, “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty. ... ⁴⁰ For my Father’s will is that everyone who looks to the Son and believes in him shall have eternal life, and I will raise them up at the last day.” – John 6:35-40

May we come to Jesus, who nourishes us with our ‘daily bread’. And may we live for and serve God and neighbour.

Song: I am the bread of life – you can listen to it here, in several languages! - <https://www.youtube.com/watch?v=dX4uC3a7RC8>

I am the Bread of life,
He who comes to Me shall not hunger,
He who believes in Me shall not thirst.
No one can come to Me
Unless the Father draw him.

And I will raise him up,

*And I will raise him up,
And I will raise him up on the last day.*

The bread that I will give
Is My flesh for the life of the world,
And he who eats of this bread,
He shall live for ever,
He shall live for ever.

Unless you eat
Of the flesh of the Son of Man
And drink of His blood,
And drink of His blood,
You shall not have life within you.

I am the Resurrection,
I am the Life,
He who believes in Me
Even if he die,
He shall live for ever.

Yes, Lord, we believe
That You are the Christ,
The Son of God
Who has come
Into the world.