

The Mystery of the Eucharist

"Memory: the Sacrament of Presence"

I thought: strange word, remember. To put the members together again, to re-configure. The past passing through one's heart.

Andre Brink

Re-membering: putting ourselves back together as the sisters and brothers we once have been.

Carter Heyward

Remembering as at the heart of the Eucharist. "Do this in **anamnesis** of me" - not simply looking back but bringing a past event into the present. In the interplay of past, present and future - our remembering ignites the hope that is in us. Our future (Jesus) has already appeared.

Being present: living life **now**, as **gift**. We don't make God present: God is. I AM. "Now is the time for God to act" (Eastern Liturgy)

"Becoming what we are"

All that we are, all that we do, all that interests us in the world [we offer]...Not so that it remains as it is, but so that it no longer refrains from being what it is at depth. So that it becomes what it truly is.

John Zizioulas

Fostering a Eucharistic heart and mind is appreciating our need for change. Such transformation-seeing things as they really are - is about coming home to ourselves, breaking the bread of our lives and finding fulfillment there.

"Living appreciatively"

Entering into communion with Jesus "opens the possibility of gradually letting go of our many resentments and choosing to be grateful".

Henri Nouwen

Thinking is etymologically related to thanking. We need not force ourselves into a gratitude we do not feel.

We think...we make connections....

we recognize how life-denying failing to connect can be....

we ask for the **gift of gratitude....**

and experience freedom as we shift the centre of gravity from ego, from self...to the Other.

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