

The Mystery of the Eucharist

"Bread for life"

Breaking open the bread of our lives- carefully and gently- in the presence of the One who broke open the bread of his life for us.

Look back..... **Christ has died**

What has died in my life? What needs to die? What can I mourn?

Look now..... **Christ is risen**

What is coming to birth in me now? Where are the signs of new life, new possibilities?

Look up..... **All things are in Christ**

Where do I feel connected? Where is community or communion happening for me at present?

Look forward..... **Christ will come again**

Where am I experiencing hope? Where/when do I have a sense of well-being, purpose or value?

Look around..... **Christ in friend and stranger**

Who is the Other for me? Do I see the Other as nuisance or opportunity, threat or life?

*This is the time
of loaves
and fishes.*

*People are hungry,
and one good word is bread
for a thousand.*

David Whyte

Holy Communion- getting in touch with memory and hope - opens up for us the mystery of God's liberating conversation with the world. This "dialogue of salvation" (Pope Paul VI) is God's initiative and asks us to be open partners in dialogue with God and with each other. As we listen and respond to God, to each other and to our world, we experience this conversation as liberation, an "exchange of gifts", (Pope John Paul II) and not merely an exchange of ideas or opinions.

Alexander Schmemmann, the Orthodox theologian, said that to be with Jesus "meant a conversion to another reality". That reality is what is commonly called the sacramental life. Schmemmann, in words that are crucial to locking in our understanding of God's relationship to the world, believed that we have "ceased to see [our] whole life depending on the whole world as a sacrament of communion with God".

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