

Bread of Life

You must eat. This is what I often tell people who are in grief. Depression feeds on hunger.

The fact you don't want to, means that you really should.

Food is what stimulates our energy

Food needs to be selected to create vitality and not just satisfy craving

Food is a gift in the cycle of created life

Thus Christ refers to himself

as the living bread

Those outside the faith find this practical conception disturbing

Those who would oppose the teaching would seek to refer it as religious

To confine the practice of Roman Catholicism to within the boundaries of the Church Building

There is Nourishment here

With the help of God I am in the process of feeding you now, as you listen

These words however are little more than the introduction to the feast.

Outside the Church you must seek out the flesh and Blood of Christ

Startling reality

Tangible experiences

Feeding your life with goodness

Not simply notions, ideas and romantic abstractions

But the flesh and blood of life

So when your body is tired

Weary

How easy to collapse in front of the TV

When you are called upon to go to bed

Hungry

How easy to defrost, microwave, or open a can of problems

When you are called upon to seek out a meal that strengthens

Weak

How easy to hide beneath comfort

When you are called upon to celebrate with what exercise you can.

The flesh and blood of life

So when your body is tired

Weary

How easy to not speak

When you are called upon to express your love

Hungry

How easy to feel lonely

When you are called upon to recognise you like being alone

Weak

How very easy to avoid the issue and let it grow like a cancer

When you are called upon to voice the problem and face the potential row

The flesh and blood of life

So when your body is tired

Weary

How easy it is to fill your mind with pointless chatter

When you are called upon, to think, to see, to challenge

Hungry

How easy it is to read nonsense, hear cosiness, and see only what supports your false sense of security

When you are called upon to recognise the crucified and the crucifixion

Weak

How easy it is to accept cliché, and convention
When you are called upon to be informed, and to think independantly
The flesh and blood of life

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But faith is real food
The practice of our beliefs real drink

This is seen
when you touch the eternal
in the reception of the tangible Eucharist

This is seen when you feed

Your body

Your community

Your mind

With the nourishment of Christ
With the practical expression of faith

Real food

Real drink