

Title: Communion Meditation

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How does the Lord's Table look today? It might show up as a bedside table in a nursing home where a young adult grandson helps his grandmother eat her breakfast following a stroke. OR maybe a two co-workers in conflict having coffee together and talking to one another rather than about one another. I think we see the Lord's Table at camp where the first time-camper makes a new friend and feels acceptance. Here at this Lord's Table we offer a little piece of bread and a small cup of juice, but today the Lord's table might include a sandwich made at the Life Shelter or hummus and pita as someone steps out of their comfort zone and eats with someone of another culture. It might be the imaginary food a parent receives from a three-year-old and eagerly eats and announces to be the best meal they have ever had. Our prayer as we gather each week around this Lord's Table is that it might be a rehearsal for the Lord's Tables we will encounter through the week—that we might approach each meal with gratitude and each person as a welcome child of God.