

I chose an unusual hymn for Communion today. Obviously I chose it because it is based on our scripture. And although it is typically used as a Call to Discipleship or Hymn of Invitation, the words also seemed appropriate as we gather at this beautiful table to partake of the elements representing the body and shed blood of our Savior.

We can easily get weary....but this sacrament that we are going to partake of has the power to give us new life.

We can all relate to having heavy burdens to carry....but this symbol of the Eucharist that we enjoy makes all of the burdens bearable.

We can also remember times that we have been afraid...but by Christ's sacrifice we know we have nothing to fear.

Let us Rest in Christ at this table. Let us rest in Christreceive new life through the witness and participation of what coming to the Table together means.

All are welcome at this table, regardless of whether you are a member of the congregation or not.