

Communion Meditation
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Words of Institution

We are told that towards the end of his ministry, Jesus of Nazareth sat down to eat with those closest to him. Before they ate, he took a loaf of bread and he said a prayer of thanksgiving over it and he broke it and he passed it around to them. We will never know what he told them, but it may have been something like, “Eat this. Know that this bread is a representation of who I am. That I will bring you sustenance when you hunger. Strength when you are weak. Hope when you have lost it. My love will fill you and help you to keep going.” After they had eaten, he took a cup, and after giving thanks for it, he passed it to his friends telling them, “Drink this. Know that this wine represents the bond that will be established by the forgiveness of all sins. It represents the relationships that hold you together and the love that is shared between those in community. Whenever you drink, do it to remember and celebrate what we have done together.” For as often as you eat this bread, and drink from this cup, you recognize your part in this movement for wholeness in a fragmented world.