

Food for the Journey *exploring the Eucharist* Session Two

Keynotes from Bishop Lindsay's talk:

- *Though there is something very distinctive about the table that is the 'altar' of the Eucharist, yet our own domestic tables are not unrelated but are in their own way places of communion.*
- *The desire in the heart of the Lord to share in our ordinary life led him to many tables during his ministry, at many of which he is a guest and at others when he is the host, and it was always more than about eating...*
- *As Jesus was lifted up that all might be drawn to him (John) so the eucharist the bread, which Jesus intimately united with his own sacrificial love at the Last Supper, is lifted up and all are invited draw near.*

For personal reflection, or in discussion with others:

1. *What memories do you have of a significant meal in which you have shared? Why do you remember it...who was there...what did you eat....what mattered most about it?*
2. *Reflect on a Eucharist which you have shared in that was of particular significance and remains vivid in your memory. What made it so?*
3. *All meals require due preparation. The old lady in the talk had made her simple preparations for the home communion brought to her....he doily was laid out and ready. And her heart was ready. "I prayed that you would come...You've brought the Lord!" Reflect about your own preparation before coming to the Eucharist. How do you ready your heart for this encounter with the Lord?*

A suggested prayer of preparation before attending the Eucharist:

How lovely is your dwelling place, Lord God of hosts. My soul is longing and yearning to enter into the courts of the Lord. My heart and my flesh rejoice in the living God...

O Lord my God, I know that I am neither fit nor worthy that you should enter under my roof, into the house of my soul, and that in me you will find nowhere worthy to lay your head. But as you humbled yourself to descend from the heights of your glory, so now accept me in my humility. As you were willing to be laid in a manger, nor did you shrink from eating with sinners, trusting to that same generosity I ask you now to consent to enter the house of my poor soul and feed me who needs and longs for the spiritual food of your Body and Blood. I present myself at your altar with a ready heart to be fed with the gift of yourself, food for my journey. So ,come to my heart Lord Jesus, there is room in my heart for you.