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Opportunities

EXPLAINING THE PASSOVER MEAL

Learn about the meal we commemorate on Maundy Thursday by watching this [video](#). Note how bread is featured throughout the meal and how this relates to the body of Christ.



COMMUNION SONG

You may like to listen to this [song](#) and watch the picture in the background slowly appear.



Bread for the world
A world of hunger
Wine for all peoples
People who thirst
May we who eat
Be bread for others
May we who drink
Pour out our love

Lord Jesus Christ
You are the bread
of life
Broken to reach
And heal the wounds
Of human pain
Where we divide your
people
You are waiting there
On bended knee
To wash our feet with
endless care

*(Bread for the World,
Bernadette Farrell)*

Taken, blessed, broken, given

Last week I was given two bread rolls as I came into the church grounds. I didn't know the giver or which bakery this bread came from. I didn't particularly need any bread but this man was sharing what he had, a staple for much of the world, with me.

It shouldn't be surprising, thinking of what Jesus endured on the way to the cross, that at the Last Supper, with his friends, he took bread, gave thanks for it, shared it, and said "This is my body, broken, and given for you".



All this is part of our remembering on Maundy Thursday.

What an earthy statement. We can relate to this bread - baked with grain from the field. We can also relate to 'this body' as human beings. We understand blessing and brokenness. All this daily stuff of life is part of our spiritual formation, becoming more like Christ.

'This body', this bread, was sent to earth to carry out a special mission.

'This body', this bread, was blessed in the Temple and at his baptism.

'This body', this bread, was broken as it was abused, criticised and rejected by those who couldn't accept his message.

'This body', this bread, was given, and continues to be shared cross-culturally.

'This body', this bread, earthed, as our example.

"The sharing of bread.....
is sacramental.
It is a basic Christian
principle of economics
in the kingdom
where we learn
the inner meaning
of inter-dependence."
(Margaret Magdalen)

"We are chosen,
blessed and broken
to be given.....
As the beloved
children of God,
we are called to become
bread for each other -
bread for the world."
(Henri Nouwen)

This Lent many have taken on a spiritual practice which aids their spiritual formation, growing more like the One whose body was taken, blessed, broken and given. May we continue to bless others in the sharing.

An Exercise

CONSIDER Leonardo da Vinci's famous painting of the Last Supper



This scene in the Last Supper takes place after Jesus has said his body is broken and given.

- Watch this short [video](#) to see the painting up close. What stands out to you?
- Look at the hands of each person - what are they saying?
- How is Jesus depicted in the scene? What does that say to you about how Jesus might be feeling?
- Where might you place yourself at the table? What position might your hands be taking?
- You may like to take a piece of bread and think what it might mean to bless others with this. Tear off pieces - what might these represent? Who might you give them to?

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You may like to use this [Examen](#) prayer using the theme of this letter.