

Spiritual Communion Prayer
January 10, 2021

Creator of all Life ... the events of this week have made us extremely aware of our vulnerability ... vulnerability as a nation ... as a society ... and as faithful individuals living in a world gone awry. God of all Peace ... bring calm to our troubled hearts and souls in this time of unrest. Source of all Healing ... we are separated from one another when we need our community ... our "union-with" each other, and our "union-with" you more than ever. Bring us healing as a nation, as a community, and as children of a loving God. Remind us in this sacrament of Holy Communion that you are with us, and give us hope for a world with greater possibilities than this moment in time.

The bread and wine of the Church's Holy Communion are the means by which we enter into that union with God ... with Jesus ... and with each other. It brings us that intimacy of spirit that can only be known by going outside ourselves to a commitment to love others in the world for the common good.

We give thanks for Jesus of Nazareth, who loved so greatly and taught so clearly and courageously that he was able to set people free from all that bound them into a fear and a false sense of separation from each other and the Spirit of all life.

We remember the night before Jesus died, when he took bread, gave thanks for everything he had, broke the bread and shared it with his friends asking them to remember his total surrender to the Spirit of Life and Love and his enduring love for each of them. We take this bread and eat it mindful of the Spirit at work in our lives ... in the ordinary ... in the everyday ... in the midst of a pandemic with the separation it brings ... in the midst of political unrest ... and in our desire to love as generously as Jesus loved.

As Jesus was ending his meal, knowing his life was to be poured out, Jesus shared a cup of wine with his friends. Remind us that sharing of ourselves for the benefit of others was a way of life for Jesus, even as he faced his death. We drink now, mindful of our bonding with Jesus and with all people through the Spirit at work in our lives.

Through Jesus, we have learned how our loving is a sharing in the life of this Spirit. In him we see the Spirit of life challenging each of us to make the Spirit's presence on earth more visible by the way we act and love those around us.

We ask for the strength of this Spirit of Life as we face the days and weeks ahead, and instill us with a hope of a new way of being in your love.

Amen.