

Eucharist Meditation
St. Cyprian's
June 14, 2020

This is a very Holy moment for us: the few who are here in our beloved St. Cyprian's Church, and those at home, all sharing this Holy Communion in the most spiritual way imaginable. All of us who believe in the sacredness of our Eucharist now have a few moments to be together in Spiritual Communion and quietly contemplate the gift this is in our lives. Yes, Eucharist means Thanksgiving and indeed, we are right now, in our hearts, giving thanks for this amazing bond we have with one another because of our Lord Jesus Christ.

And here I offer this Prayer of Thanksgiving from our Book of Common Prayer:

Accept O Lord, our thanks and praise for all you have done for us. We thank you for the splendor of the whole creation, for the beauty of this world, for the wonder of life, and for the mystery of love.

We thank you for setting us at tasks which demand our best efforts, and for leading us to accomplishments which satisfy and delight us.

We thank you also for those disappointments and failures that lead us to acknowledge our dependence on you alone.

Above all, we thank you for your Son Jesus Christ; for the truth of his Word and the example of his life.

In the Breaking of the Bread may we truly recognize the Lord in our midst. May our hope be re-kindled. May our Lord stay with us as he stayed with the early disciples walking on their Emmaus road. And may this spiritual gift surround us and fill us with the Love and the promises given to us.

Glory to God whose power working in us, can do infinitely more than we can ask or imagine.

AMEN