

## Holy Eucharist Meditation

St.Cyprian's

July 19, 2020

We thank you Lord for your gift to us of the Holy Eucharist and its power to bind us together as the Church of St. Cyprian's. The power of the Holy Spirit and the gift of the Love of Jesus, made known to us in our Holy Communion, transcends the circumstances of our not being physically together here today. We thank you Jesus.

Our fears, uncertainty and isolation *is* our human condition right now, so in a way, we have never been more united, as mystical as that may be. We know that the powers of darkness that surround us are strong. So, come Lord Jesus. Be made known to us in the Breaking of the Bread! In these precious moments, may restlessness be changed to peace, and discouragement replaced by inner contentment. Come Lord Jesus. Give us grateful hearts for this Holy Communion.

In the Breaking of the Bread we are called by Jesus - to enter with him - into the life of the Spirit. May this enable us to set our hearts on the Kingdom of God first, so that the Spirit of God, made known to us in Jesus, will more and more be within and among us as the center of all we think, say and do.

Here I offer a portion of a Litany of Thanksgiving from our Book of Common Prayer:

For all that is gracious in the lives of men and women, revealing the image of Christ Jesus,  
We thank you, Lord.

For our daily food, our homes and families, and our friends,  
We thank you, Lord.

For minds to think, and hearts to love, and hands to serve,  
We thank you, Lord.

For the brave and courageous, who are patient in suffering and faithful in adversity,  
We thank you, Lord.

For the communion of saints, in all times and places,  
We thank you, Lord.

Above all, we give you thanks for the great Love and promises given to us in Christ Jesus our Lord. With grateful hearts, to you, Oh Lord Jesus, we pray.

Amen