“Coming into Union:

A modern communion commemoration”

By David Benzshawel/9-12-15

As we gather together in a circle

A symbol of unending connection of life,

I would ask you to open your mind and your heart

To take a journey with me

To transcend time & space

And invite you to just BE here with me

In the Now.

A communion service has a multilayer meaning

For many of us….but I ask you now

To set those memories & connections

Behind and be open to experience

Something new in this moment of Now.

Many Biblical scholars speculate that the Last Supper

May have been a sedar meal celebrated to remember

The events of Passover and the cup that Jesus

May have used was the cup set aside for the coming

Prophet Elijah.

If you have ever experienced a sedar meal

With a jewish family you would experience

A family meal which young & old participate in

With stories, song and games

As well as traditional foods to feast on.

The most common experience for many of us

Is sitting around the family table

At thanksgiving.

So imagine a circular table now

In front of us filled to over flowing

Of all your favorite foods & drinks

For us to share as we Now

Seek to come into deeper union

With God & each other

As co-creators.

Bread is the staff of life

That is eaten in some form around the world

But to make bread

Is a process of crushing wheat and

Grinding it down into flour

And then kneaded to expand

With yeast into a form we

Can share, eat and be nourished.

Many hands have worked to make

This bread we now break & share

And many lives will be nourished by it…

But it starts in oneness…

Then broken…

To feed many…

From the same loaf.

Eat this now

Remembering that we are ONE

And we are connected

As we feed & serve each other.

(pause as the bread is passed & eaten)

A human person can live many days

Without food intake, but only

A few days without liquid.

This cup also represents our oneness

And also involves a process of creating

A nourishing drink that life

Depends upon for continued living.

Now is not a time of separation that ego

And wanting may recreate by thought

Or preference but

A time to celebrate that we Now can

Come together to

Drink from the same cup

To serve each other unconditionally

And realize our interconnectedness

As well as responsibility

To spiritually feed & nourish each other.

As we pass the cup

To each other with agape love

We embrace our present experience

Of unity and oneness.

Separation is created by our thoughts

Spiritually our unity is always

There if seen by a heart

Filled with love.

(pause as the cup is passed)

Communion for me

Has now been experienced

As a coming into deeper union

With God & each other.

The celebration does not stop here

As we are called to share ourselves

With the world

That hungers for physical food as

Well as spiritual connectedness.

May we BE for the many

The one bread

And one cup

That we have just shared.

Amen.

And so it is.