

**“Coming into Union:
A modern Eucharistic
commemoration”**

By David Benzshawel

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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.
Let us transcend time & space together
As I invite you to just BE here with me
In the Now.

A communion service has a multilayer meaning
For many of us....

The root word Eucharist means
“to be grateful...to give thanks”...

but I ask you now

To set those memories & connections aside
and be open to experience

Something new in this moment of Now.

Many Biblical scholars speculate that the Last Supper
May have been a Seder 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 Seder meal
With a Jewish family you would have experienced
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 forming

In front of us filled to overflowing

With all your favorite foods & drinks.

The table is set for us to share as we Now

Seek to come into deeper union

With God & each other

And to BE grateful and give thanks.

Bread is the staff of life

That is eaten in some form all around the world

But to make bread

Is a process of crushing wheat,
Grinding it down into flour
And then kneading it 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 interconnected

As we feed & serve each other.

(pause as the bread is passed & eaten)

A human person can live many days

Without food intake,

But can live only a few days without liquid.

This single cup also represents our oneness

And is also involved in a process of creating

A nourishing drink that all life

Depends upon for continued living.

Now is not a time of separation that ego

And wanting may recreate by thought

Or preference.

This is a time to celebrate that we Now can

Come together to

Drink from the same cup.

We serve each other unconditionally with compassion

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 foundational.

Ultimately we are Spiritual Being only

Temporarily having a human experience.

Oneness is always there

if seen by a heart & eyes

Filled with unconditional love.

(pause as the cup is passed)

Eucharist 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.
May we by the living and sharing
Of our lives
BE a way of Being grateful...
A thank you back to our Source.
Amen.
And so it is.