

# EUCCHARIST

SPIRITUAL  
FOOD OF  
THANKSGIVING

## THE PRACTICE

1. Every week our Sunday morning gatherings are centered around the central practice of the church called the Eucharist, involving bread and wine.
2. After the liturgical reading, everyone of all ages is welcome to come and partake. We generally take by intinction (dipping the bread into the wine).
3. Juice is always available for anyone who does not want wine. We encourage children to participate but the alternative of having a blessing prayed over them is also available.
4. The Apostle Paul says “For as often as you eat this bread and drink the cup, you proclaim the Lord’s death until he comes.”

## TABLED

We acknowledge God’s hospitality inviting us to His table and flowing from that invitation our own vocation of hospitality is strengthened as we allow this practice to form us into vessels of hospitality at our own tables.

## THE THEOLOGY BEHIND THE PRACTICE

Bread and wine manifest the resurrection, the new beginning that God has established for creatures and creation. It is to be seen in the church, the body of Christ, the community called to be the new humanity. This new community of God’s people on earth witness to the overthrow of evil in their worship and in their lives. They live into the future of the new heavens and new earth in full conviction that the bread and wine, which foreshadow the coming of Christ, evoke the prayer, “Your kingdom come, your will be done on earth as it is in heaven.” We become what we eat—living witnesses to Christ who lives in us.

- Robert E. Webber

Our Eucharist “maintains the social shape of salvation”. When sharing common meals, we are enacting the feast of nations that is promised in the scriptures.

- Chad Brooks

The church, as body of Christ, is called to be an alternative to the atomization of society promoted by individualism, the market, and the state. As an alternative social body, the church realizes the eucharistic imperative to be what we receive, to become the body of Christ and allow others to feed on us.

- William Cavanaugh

Man is a hungry being. But he is hungry for God. Behind all the hunger of our life is God. All desire is finally a desire for Him. To be sure, man is not the only hungry being. All that exists lives by “eating.” The whole creation depends on food. But the unique position of man in the universe is that he alone is to bless God for the food and the life he receives from Him. He alone is to respond to God’s blessing with his blessing.

- Fr. Alexander Schmemmann

