

Daily Reflection

March 24, 2020

Today's Reflection is from Meredith Hardy.

Morning Prayer may be found at:

<https://www.missionstclare.com/english/March/whole/morning/24m.html>

In the readings for today, food (for body and soul) is center stage. The Gospel includes the story of the loaves and fishes. Jesus knows the thousands who have come and listened to him for three days can't get back home without eating first. His disciples ask, "How can we feed these people?" Jesus blesses the few loaves available and even fewer fish, and thousands are fed with much food left. He knew our human bodies must eat. He also knew that he could feed the many like this only where there was faith.

And then there is food for our souls, for our church body, for the world. In the second lesson, Paul writes the words we hear at every Eucharist: "Take, eat, this is my body; do this in remembrance of me", Jesus' words at the Last Supper. Paul speaks about eating a truly communal meal, the one we share each Sunday. While Paul (like Jesus) understands the importance of food for the body, he encourages us all to attend to this spiritual, communal meal. Before doing so, however, we should "wait for each other"; we must feed not only ourselves but also the hungry.

Today in isolation or relative isolation, our focus can readily turn to feeding ourselves. We worry: Will we have enough food? When will the stores be open? Will it be safe? Paul would have us focus on "waiting for each other," coming together in communion (yes, even online), always mindful of other's hunger and how we can help. The gift of our communal meal is the unconditional love of Christ for each of us and our love for each other...nourishment indeed.

Meredith Hardy

Tomorrow's Reflection will be offered by The Rev. Deborah Seles.

