

CAMINO COMPANIONS

SESSION 5

13 and 14 April 2025

**THE EUCHARIST**



# CAMINO COMPANIONS PRAYER

God of our pilgrimage, you sustain us along our path, wherever it may lead and however long the road. Inspired by St James, and all who have gone before us and will come after us, help us to follow you as our Creator and the source of life itself. Unite us as we seek justice, peace, and truth. In your world and in your church, guide us in our travels together so that we may be transformed and shaped by your divine love, today and forever. Amen.



Questions to explore....

- What does the Eucharist mean to you?
- Why is it so important for Christians?
- What does the Eucharist show us about Jesus?
- What does it teach us about ourselves?
- What might 'living out the Eucharist' mean in everyday life?



What are these objects?

What stories do they tell?

Are there other objects or experiences at the Eucharist that you're curious about?



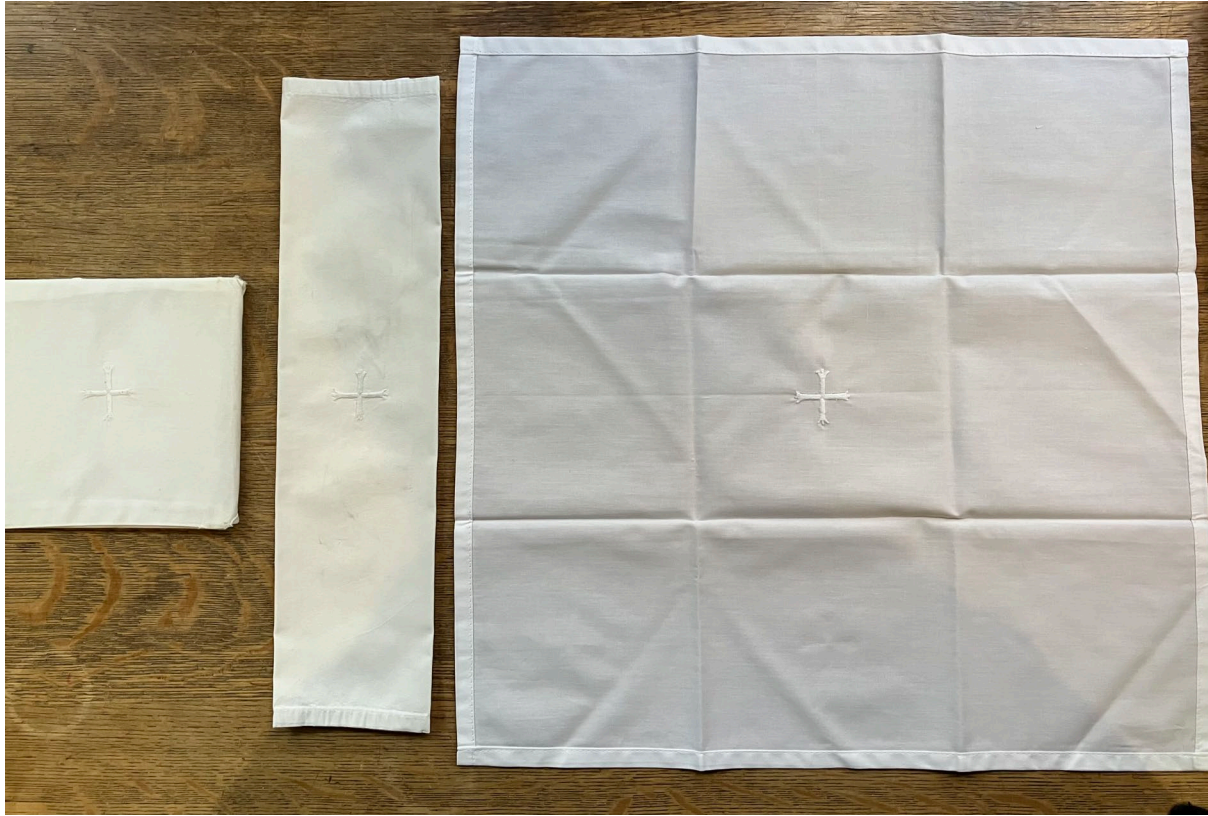
















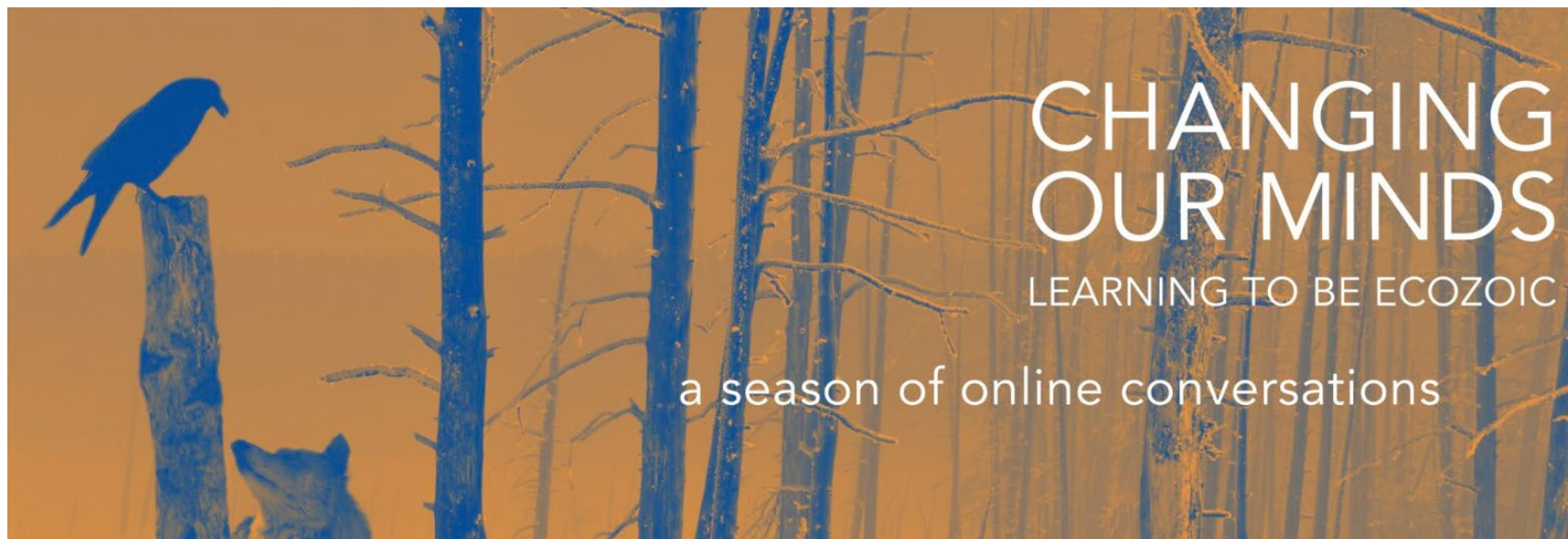












[About Us](#) [Mission and Ministry](#) [News](#) [What's On](#) [Support](#)

COMMUNICATIONS / 14 FEBRUARY 2020

SHARE THIS PAGE



PRINT PDF



## Church of England sets 2030 Net Zero carbon target



**"Even a wounded world is feeding us. Even a wounded world holds us, giving us moments of wonder and joy. I choose joy over despair. Not because I have my head in the sand, but because joy is what the earth gives me daily and I must return the gift."**

**— Robin Wall Kimmerer**





# Eucharist in life

## **Inclusive and generous**

Religious rites, worship services, liturgies are to be banquets of joy and peace. Eating is a moral act, and sometimes a religious act. Yet the gratitude for holy food and the salvation it brings is fully expressed only when we remember that unleavened bread was first eaten by slaves on the run and the cup of wine is a cup of suffering. Just as I believe bread and wine are transformed, so we are transformed..... into people of compassion, people who see what others overlook, people who can begin to trace the vague outlines of the prophetic vision of the reign of God where justice and mercy embrace and a grand table is set. Where bankers sit next to farmers, border guards converse with the undocumented and ranchers share toasts with environmentalists. Where work gloves lie next to linen napkins, hands are scrubbed, feet are washed, thirst is quenched, hunger satisfied and there's no hint of injustice, no whisper of enslavement..... no sign of barbed wire anywhere.

James Schmitmeyer (in [Liturgy and Justice](#) ed. Anne Y. Koestner p 73)

# It's Holy Week and Easter every Sunday

To know Christ sacramentally only in terms of bread and wine is to know him only partially, in the dining room as host and guest. (It is a valid enough knowledge, but its ultimate weakness when isolated is that it is perhaps too civil...) it begins in the soil, in the barnyard, and in the slaughterhouse—amidst strangled cries, congealing blood, and spitting fat in the pan. Table manners depend upon something's having been grabbed by the throat. A knowledge ignorant of these dark and murderous "gestures charged with soul" is sterile rather than elegant, science rather than wisdom, artifice rather than art. It is love without passion, the Church without a cross, a house with dining room but no kitchen, a feast of frozen dinners, a heartless life.

The Shape of Baptism; the Rite of Christian Initiation – Aidan Kavanagh



# An expression of a new just future (the “kingdom of God” - the *basilea*)

- Eucharist means “thanksgiving,” and the ritual is the breaking of bread. It is food for the journey of hope, the making of peace, the bringing of justice. Sharing of food and water and sustenance is the basis of justice and living religiously. It is a mockery of the Eucharist to eat at the table in church and to exclude or ignore and not be shamed by those who go hungry, without water and the basic necessities of life. Worship is not what we do in church on a Sunday morning or during Holy Week. Worship is what we do with our lives, our time, our money, our priorities, our excess and our resources every day of our lives.

[meganmckenna.com/moveable-feast/spirituality-practice-an-interview-with-megan-mckenna/](http://meganmckenna.com/moveable-feast/spirituality-practice-an-interview-with-megan-mckenna/)



## **CAMINO COMPANIONS PRAYER**

God of our pilgrimage, you sustain us along our path, wherever it may lead and however long the road. Inspired by St James, and all who have gone before us and will come after us, help us to follow you as our Creator and the source of life itself. Unite us as we seek justice, peace, and truth. In your world and in your church, guide us in our travels together so that we may be transformed and shaped by your divine love, today and forever. Amen.