

YOU MATTER & ARE LOVED

February 6, 2021

Don't you just love the smell of baking bread? It's magical. The smell of comfort, yumminess, coziness, contentment. And when you put a little soft butter on a hunk of warm, right-from-the-oven bread - it's like eating a slice of heaven. It's amazing stuff, isn't it?

Bread is pretty amazing in the Bible too. It's mentioned at least 492 times in the Bible with a variety of meanings and symbolism. It's one of the most pregnant-with-meaning-symbols and metaphors that we use to practice our faith in Jesus as the Way.

Think of communion that we celebrate as the sacramental practice of God's presence. Remember sacrament means the visible thing that makes God's invisible love visible. Around the table, sharing the meal, we glimpse God's presence among us.

Think of how we talk about God's provision and faithfulness - it's in Manna - the bread that God provided anew every day in the desert during the wandering of the Israelite. (Exodus 16)

It's a symbol of life and salvation - for when the Israelites are delivered from slavery in Egypt, they carry dough not yet risen in their exodus journey to freedom. (Exodus 12:34).

It's the gift that the small boy shares when no one else will share their food, that Jesus multiplies to feed everyone around. (John 6:1-15).

Bread is life-giving nourishment, at the heart of the prayer Jesus us to pray (Give us this day, our daily bread in Matthew 6:9-13).

Bread also is the symbol of God among us - Emmanuel - Jesus who says, in John 6:33-34 "I am the bread of life that which comes down from heaven and gives life to the world."

Do you remember how the shelves of the stores were empty of flour and yeast at the beginning of the pandemic because so many people were making bread? We naturally are pulled to bread for nourishment, comfort, provision, life.

This week our community care package is the gift of bread and juice for communion in worship on Sunday. It also includes a gift of a devotional that you can use daily to guide your prayer and center your awareness in the presence of God. Found by Tina Faulkner, it's appropriately called: Our Daily Bread. You can carve out 5-10 minutes during your day to spend in this mindfulness practice. It's best to establish a pattern and do it at the same time. May it bring you peace, purpose & clarity in these confusing and long pandemic days.

Hoping to again be with you at virtual church this Sunday at 10:30am!

With love from your Church Family!



To call into worship using a phone on Sunday, Dial (669) 900-6833
Then enter the Meeting ID number: 546 703 271 & the Passcode: 5951