

KIT @ KIPPAX

Staying Connected while Physically Distant

Thursday 21 May 2020

Today's Gospel John 16:16-20

Spiritual Eucharist

Spiritual Eucharist, I have given it some thought over these days since Easter, during these weeks of social distancing being unable to come together as our Parish Community, celebrate mass and share in the Sacrament of Eucharist.

A group of wise women with whom I meet regularly to pray and meditate have spoken of the meaning to each one of the words "Body of Christ"; some really miss the moment of reception and blessings of sacramental Eucharist. Some feel quite distant through not participating in the sacrament.

However, I feel differently, the words "Body of Christ" speak to me of my relationship with Christ and all those in the Body. I experience a personal, closeness.

I have spoken in our group about feeling that I participate in every celebration of the Eucharist wherever it is. I am part of this through the Body of Christ. We each share in this.

I believe I still participate spiritually although not receiving the sacrament. The closeness, graces and relationship are still there.

I do not feel separated, lost or missing out because I feel His love and presence all around me.

I really am grateful for these days of silence and stillness because I am able to use them to reflect and enjoy the space and solitude.

Barbara Gardiner



Let us pray for wisdom.

Let us pause from thinking and empty our mind. Let us stop the noise. In the silence let us listen to our heart. The heart which is buried alive. Let us be still and wait and listen carefully. A sound from the deep, from below. A faint cry. A weak tapping. Distant muffled feelings from within. The cry for help.

We shall rescue the entombed heart. We shall bring it to the surface, to the light and the air. We shall nurse it and listen respectfully to its story. The heart's story of pain and suffocation, of darkness and yearning. We shall help our feelings to live in the sun. Together again we shall find relief and joy.

Leunig – A Common Prayer

Magic Cake – Jo Cooks

I am not a cook but I found this cake so easy to make, when you pour the mixture into a cake tin it looks like curdled milk, but just have faith and try it. Best of luck.

Ted Kell

<https://www.jocooks.com/recipes/magic-cake/>

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<http://www.stjohnkippax.org.au/uploads/KIT%20-%20Keeping%20In%20Touch/ARTICLES/Magic%20Cake.pdf>

