

a bakery or supermarket with all sorts of bread? (And don't forget the various 'flat' breads such as pita bread, roti, etc.) The reflection which can come from this will not only relate to our personal enjoyment of bread and the variety of options and flavours, but a reminder of bread as a core and basic food – especially in less developed countries. The reflection might then move onto how physical bread, and its supporting of life can point to other aspects of life which need feeding and which are more than just the physical. I.e. who or what 'feeds' us spiritually at the most basic and essential level?

Jasmine, one of our task group members, has suggested trying some bread-making or have a Bread Bake-Off? (Bread making still being part of the essential activity of the day in many households in other parts of the world.) There are also different varieties of bread you could include – Pumpkin, Zucchini, Potato, Banana, Cheesy, Damper, etc. You could also combine with having a meal of fish stew or bouillabaisse, reminiscent of Jesus feeding the 5000. (And don't forget the wine!) Some recipes to try are attached.

Ruth Daws has again provided some activities for *The Young and Young at Heart*. These can be used as Sunday activities with children or even given to families with children to do at home.

NB – with any bread exercises/reflections, please be mindful of those for whom wheat bread causes allergies! Try exploring/finding substitutes?

Some points of reflection:

You cannot claim to worship Jesus in the Tabernacle if you do not pity Jesus in the slum.

- Bp Frank Weston, Bp of Zanzibar

([http://anglicaneucharistictheology.com/Anglican Eucharistic Theology/Case Studies/Entries/2006/1/27 Frank Weston1871-1924Bishop of Zanzibar.html](http://anglicaneucharistictheology.com/Anglican_Eucharistic_Theology/Case_Studies/Entries/2006/1/27_Frank_Weston1871-1924Bishop_of_Zanzibar.html))

In Holy Communion we have Christ under the appearance of bread. In our work we find him under the appearance of flesh and blood. It is the same Christ. "I was hungry, I was naked, I was sick, I was homeless."

-Mother Teresa of Calcutta

Reflection on the Eucharist & Communion; reflection on life and LIFE; a reflection on how we are/can be fed by Jesus - <http://liturgy.co.nz/i-am-the-bread-of-life>

A blog reflecting on the Sunday Gospels: - material reflecting on John 6:51-58 -

http://leftbehindandlovingit.blogspot.com/2012/08/from-bread-of-heaven-to-gnawing-on-flesh_14.html

Some Post Communion Prayers suitable for the August Gospels:

God of mercy,
pour forth upon us the Spirit of your love,
that we who have been nourished
by the one bread from heaven
maybe one in mind and heart.
Grant this through Jesus Christ our Lord.

Merciful Lord,
we have feasted at your banquet of salvation.
Through this sacrament,
which nourishes our lives on earth,
make us sharers in eternal life.
We ask this through Jesus Christ our Lord.

Merciful God,
you have invited us to share
in the one bread and the one cup.
Enable us to live as one in Christ
and to labour gladly for the salvation of all.
Grant this in the name of Jesus, the Lord.

Having feasted with delight at your
heavenly table,
we beg you, Lord,
that we may always hunger for that food
by which we truly live.
Grant this through Jesus Christ our Lord.

Festivals:

The month of August has a number of significant Feasts (while none occur on a Sunday, for churches with the opportunity to observe a Feast of Title or Patronal, liturgical resources will be sent in the next few days): 6th August, **The Transfiguration of the Lord**; 15th August, **St. Mary, Mother of the Lord**; 24th August, **St. Bartholomew**; 29th August, **The Beheading of St. John the Baptist**. It is worth noting that 15th August, THE feast day commemorating the Blessed Virgin Mary is now common to all Anglican Calendars (25th March, Annunciation or 'Lady Day,' is properly a celebration of the Lord rather than the BVM, despite popular Anglican usage). For those a bit jittery about Marian observances, the book by the Anglican evangelical priest, John de Satge, ***Mary and the Christian Gospel***, can be a helpful entrée. It is also well worth having a look at the ARCIC document ***Mary: Grace and Hope in Christ***. (Online version: http://www.vatican.va/roman_curia/pontifical_councils/chrstuni/angl-comm-docs/rc_pc_chrstuni_doc_20050516_mary-grace-hope-christ_en.html)

And to conclude, a quote from Irenaeus of Lyons:

Gloria enim Dei vivens homo, vita autem hominis visio Dei.

For the glory of God is the living man, and the life of man is the vision of God.

(Often misquoted as "The glory of God is man fully alive")

Book 4, Chapter 34, Section 7. ***Against Heresies, Saint Irenaeus***

The Task Group is always hoping to hear of your activities, and indeed, ideas which can be shared with others. Looking ahead, September will offer the opportunity of two themes; Jesus the Healer (related to the Gospel readings) and if you are interested in exploring 'Creation-tide' – Jesus, the Fount of Creation.

With every prayer and blessing,

DP

Fr David Patterson
(Chair of Diocesan Task Group)