

## John 15:1-8

**15** "I am the true vine, and my Father is the vinegrower. <sup>2</sup>He removes every branch in me that bears no fruit. Every branch that bears fruit he prunes to make it bear more fruit. <sup>3</sup>You have already been cleansed by the word that I have spoken to you. <sup>4</sup>Abide in me as I abide in you. Just as the branch cannot bear fruit by itself unless it abides in the vine, neither can you unless you abide in me. <sup>5</sup>I am the vine, you are the branches. Those who abide in me and I in them bear much fruit, because apart from me you can do nothing. <sup>6</sup>Whoever does not abide in me is thrown away like a branch and withers; such branches are gathered, thrown into the fire, and burned. <sup>7</sup>If you abide in me, and my words abide in you, ask for whatever you wish, and it will be done for you. <sup>8</sup>My Father is glorified by this, that you bear much fruit and become my disciples.

## Luke 24:36-49

<sup>36</sup>While they were talking about this, Jesus himself stood among them and said to them, "Peace be with you." <sup>37</sup>They were startled and terrified, and thought that they were seeing a ghost. <sup>38</sup>He said to them, "Why are you frightened, and why do doubts arise in your hearts? <sup>39</sup>Look at my hands and my feet; see that it is I myself. Touch me and see; for a ghost does not have flesh and bones as you see that I have." <sup>40</sup>And when he had said this, he showed them his hands and his feet. <sup>41</sup>**While in their joy they were disbelieving and still wondering, he said to them, "Have you anything here to eat?"** <sup>42</sup>**They gave him a piece of broiled fish,** <sup>43</sup>**and he took it and ate in their**

**presence.** <sup>44</sup>Then he said to them, "These are my words that I spoke to you while I was still with you—that everything written about me in the law of Moses, the prophets, and the psalms must be fulfilled." <sup>45</sup>Then he opened their minds to understand the scriptures, <sup>46</sup>and he said to them, "Thus it is written, that the Messiah is to suffer and to rise from the dead on the third day, <sup>47</sup>and that repentance and forgiveness of sins is to be proclaimed in his name to all nations, beginning from Jerusalem. <sup>48</sup>You are witnesses of these things. <sup>49</sup>And see, I am sending upon you what my Father promised; so stay here in the city until you have been clothed with power from on high."

The central part of the message is inspired by an article taken from ---  
<http://www.stewardshipoflife.org/2012/04/potlucks-comfort-food-and-faith/>

By Sharron R. Blezard, April 16, 2012

## Communion Meditation for May 6, 2012

When you have had a rough week, and need some sustenance, or when you have had a really rough day and need to be comforted what food do you come home in the mood for?

What foods would you crave for comfort when you come home? What foods would you make for yourself, or ask to be made for you? Call them out so that we can all hear – and get hungry!

### *Responses:*

*(macaroni and cheese, mashed potatoes, meatloaf, fried chicken, peanut butter and jelly sandwiches, grilled cheese sandwiches, tomato soup, chocolate chip cookies)*

What are comfort foods? They are foods that soothe the psyche by reminding us of simpler times and comforting childhood memories. For most of us, these foods are far from gourmet and generally epitomize home cooking. They invoke feelings of nostalgia, safety, and security. They feed us at a level deeper than we know.

Probably the comfort foods of church potlucks recall some of that same comfort. These shared times around table together and foods we love feed us for the days ahead. The simple Galilean meal of bread and wine would have recalled their times gone by.

*"Indeed, the fearful faithful were empowered and equipped for ministry and mission through word and meal on that Galilean beach long ago, and we know from story, scripture, and tradition that they took the faith and ran with it. They spread it far and wide, boldly and sometimes at great cost. We today are recipients of that same faith and the Spirit-filled results of those early meals with Jesus.*

*Not surprisingly, we are also empowered and equipped for ministry and mission through word and meal. We hear scripture read in the assembly and the word of God proclaimed in ways that help us live out our faith in everyday life. We gather around Christ's table for bread and wine—comfort food and soul food that has no need of "super-sizing" to satisfy our hungry hearts. A crust of bread and a sip of wine shared in community are core ingredients of the discipleship diet. The Eucharist is a mysterious combination of spiritual health food and comfort food that is low in fat and high in grace and mercy." (Sharon Blezard)*

We want Comfort food - sometimes we get comforted. The bread and the cup encourage us and make us feel homey -- but other times we need to be challenged. Sometimes we need to be empowered and transformed for ministry. Sometimes Jesus offers us broiled fish and says - this is what is better for you and for all – go and share. But God always knows what we need, and if we open our eyes to the meal before us, and our hearts to the meals that sustain us, we will be able to serve once more. Thank God for meals that feed us.