

## 7. THE BREAD OF LIFE

1. Jesus said,  
“I am the bread of life;  
anyone who comes to me  
shall not hunger,  
and who believes in me  
shall never thirst”  
This bread is from God,  
and comes down from heaven  
to give life to the world.

2. There is no true life  
without the Presence of God.  
There is no true life  
without the incarnate God  
present in the flesh of Christ.  
So when we eat the bread,  
and drink the wine,  
we are receiving  
the love of Christ  
inside of us, incarnate.  
He abides in us,  
and we in him.  
We become all one family.

3. The Eucharistic meal  
should not define who is a member  
of the Church, and who is not,  
but should instead  
proclaim the gift of grace  
to all people.  
A meal together  
removes all the things  
that might separate  
one people from another.  
When we eat together,  
we become one, in Christ.

4. Jesus is the food,  
and all we have to do  
is to provide the hunger.  
But all too often  
we are already full of ourselves,  
our ideas, our idols, our righteousness,  
so, we are not hungry.  
To be hungry, we have to be empty.  
We must come to the table  
willing to receive,  
to make room for divine Presence,  
and accept unconditionally  
the love that is offered  
unconditionally for all.

## A Common Rule for Monastics

5. But what is it  
that gives this body life?  
What nourishes it to keep it healthy?  
It is the blood of Christ  
that flows through the veins  
of relationships.  
“Drink this, all of you,  
as a testament for my love for you.”  
For what greater love  
does anyone have,  
than to lay down his life for another?  
The Cup makes us truly  
all one Holy Communion.  
We join in a common heart  
with a common purpose  
that is filled in our own unique ways.

6. The core of our life  
is the celebration of the Eucharist;  
and we celebrate it at the Holy Table,  
and in every encounter,  
and in every moment in life.  
So, we never actually leave the Holy Table.  
We are there when we help the poor,  
or clothe the needy, or give thanks,  
or appreciate nature,  
or when we just listen to another person.

7. If we lose sight of this,  
like the two traveling  
on the road to Emmaus,  
our hearts can grow heavy.  
But when we come back to the Table,  
Jesus will once again  
be made known to us  
by the breaking of the Bread.

8. The Last Supper was, in reality,  
the First Supper –  
one of many that will continue forever.  
It was not a farewell meal,  
but a model of how to live  
and love each other.  
The gifts of God,  
for the people of God.  
Take them in remembrance  
that Christ lived for you,  
and feed on him in your hearts  
by faith, with thanksgiving.  
“Do this... in remembrance of me.”

*“There are so many hungry people in the world that  
God could only come into the world in the form of  
food.” - Gandhi*