



DAILY BREAD

When did you last eat some bread ? Probably quite recently, maybe even this morning. Bread is often part of our daily food.

During the past 4 weeks our Gospel readings from John Ch.6 have been about bread in some form or other and we have one more week to go. We started with the feeding of the 5,000 when 5 barley loaves and 2 small fish fed a large crowd of people. It has continued with the that great "I am" saying of Jesus:

'I am the bread of life.'

Referring both to practical daily bread or to himself as spiritual bread.

Bread can be made from flour; flour usually comes from wheat, but it may be made from corn, rye, soya, oats, even potato and maybe more. The grain is grown, harvested, threshed and milled before it's ready to make into flour. Milling can be in a pestle and mortar or between 2 heavy stones or in factories. The flour is mixed with water, yeast maybe added and then cooked.

Imagine for a moment a kilted Scottish warrior of the C15th striding over open moorland, preparing for the night in the open. He takes a handful of oatmeal from his sporran, mixes it with water and cooks it on the hot stones around the fire – a quick and satisfying meal.

A SHORT MEDITATION - Cut a slice of bread or if not available close your eyes and imagine one. Hold it in your hand.

Draw your finger around the edge or crust of the slice. What colour is it ? Is it cool or warm to the touch ? soft or hard ?

What is the bread made of ? How was it made, who made it ?

Harvested ? Milled ? Cooked ?

What does it mean to you ? How will it benefit you ?

Think how Jesus said 'I am the bread of life' ? What did he mean by that ?

What does it mean ? How will you benefit from it ?

Maybe end with a short prayer of thanks.

A FINAL THOUGHT: Many years ago I was preparing an assembly in the school where I taught art. Dutifully I arrived early and got everything ready. I was talking about bread, I forget why. Probably similar to to-day. Filled a bowl with warm water, put in some brown sugar and sprinkled yeast on the top. Covered it up and went off to 'register my class'. Returning to the Hall we sung a hymn (yes we did sing hymns in those days !) and I began to present my assembly. Taking the cover off the prepared yeast there was a gasp and a WOW ! moment ! The yeast had not only risen, it had flowed out of the bowl, onto the table, down the leg of the table, off the stage and onto the floor. ! Mess everywhere ! The children were fascinated !

Yeast makes bread rise and become more palatable. It can be likened to the Holy Spirit which in turn inspires and enlivens our heavenly bread. Was this the point of the assembly ?