

# ENTER THE MYSTERY

'I want their hearts  
to be encouraged  
and united in love,  
so that they  
may have all the  
riches of assured  
understanding and  
have the  
knowledge of  
God's mystery,  
that is,  
Christ himself.'

*(Colossians 2:2)*

a three session  
discussion course  
exploring

The Mystery of God  
The Mystery of the Eucharist  
The Mystery of Life

# ENTER THE MYSTERY

Enter the Mystery is a Llandaff Diocesan event at the Cardiff International Arena on Sunday November 13th 2005 at 6.00 p.m.

However, it's more than just a one off event! It's our hope that the initiative will serve to resource and support the work and ministry of the church in your parish by

- encouraging Christians across the Diocese of Llandaff and beyond.
- enriching our worship, including the Holy Eucharist
- exploring ways in which the liturgy in your parish can continually develop
- Enabling and resourcing your work with young people
- Equipping people in the journey of discovery we have with God

I hope that this short course, along with other resources available, will help you in your parish to do some or all of these things.

This course can be used to anticipate the event at the Arena in November and prepare your parish for it. Or perhaps as a follow up from the event.

Hopefully, the course won't need a great deal of preparation on your part although, of course, you will need to read through the sessions beforehand to familiarise yourself with it and prepare any material you may need.

You may want to begin and end with prayer. It seems quite appropriate for the discussion to lead naturally into a short time of worship.

Also, the course is suitable for all ages although there will be a special **e2** Enter the Mystery meeting plan available for use specifically with young people.

Feel free to use the course as appropriate to your parish or group. Don't feel as if you have to be a slave to it! This is certainly not intended to give any definitive teaching on the Christian life, but to provide a starting point for discussion and exploration in a local setting. The course, hopefully, will deal with practical situations and may help to address specific issues within the parish setting. Allow the course to give freedom to your explorations, discussions, and discovery, as you accompany each other into that wonderful mystery that is God in Christ.

## Initial Session

### It's a Mystery!

#### Blankety Blank

Get suggestions from the group of phrases that use the word 'Mystery'. Write their answers on a flipchart. For more fun and informality, have a Blankety Blank style activity – where each person is given a card and a pen, and they are asked to write a phrase with the word 'Mystery' on it and then share it with the rest of the group.

Or you could really go to town and have two 'contestants' who write their answer on a card, and see if they can match it with the rest of the group – the panel!

*You may get answers such as, Murder Mystery, Mystery Writer, Mystery shopper, Mystery Tour, Mystery play, Mystery Religion, Mystery Price, Mystery Trip, Mystery Man, etc.*

An additional activity would be to ask for longer phrases or sentences, such as 'It's a mystery to me,' 'shrouded in mystery,' 'a complete mystery,' etc.

Now ask them what adjectives they would use to describe the word 'Mystery'. They may come up with words such as *secret, confusing, difficult to understand, strange, unknown, unseen unexplainable, puzzling, obscure.*

Write their suggestions on a flipchart.

#### The Meaning of Mystery?

The Cambridge English Dictionary defines 'mystery' as 'something strange or unknown, which has not yet been explained or understood.'

The Oxford English Dictionary, says:

1. A matter that remains unexplained or secret
2. The quality of being unexplained or obscure
3. The practice of making a secret of things
4. A religious truth that is beyond humans powers to understand
5. A story or play that deals with a puzzling crime.

#### Shedding Light

In the letter to the Colossians, St Paul says:

*'I want their hearts to be encouraged in and united in love, so that they may have all the riches of assured understanding, and have the knowledge of God's mystery, that is, Christ himself.'* (Colossians 2:2)

So, it seems, God has a 'mystery' that he wants to reveal. It's the mystery of Christ: a mystery that we can have knowledge of. The Mystery that St Paul writes about isn't one that remains hidden from us, like an Agatha Christie mystery! It's the unfolding of a plan that has its climax in Christ.

Also, within the Christian tradition, the Holy Eucharist has regularly been described as 'The Holy Mysteries.' This description exists today.

And then there is, of course, the 'Mystery of Life' and all that that entails!

Over the next three sessions we will be looking at these three different aspects.

This week, we are going to begin by looking at the Mystery of God that is in Christ.

## Session 1

# The Mystery of God

Some say he is John the Baptist, but others Elijah, and still others Jeremiah or one of the Prophets.' He said to them, 'But who do you say that I am?'  
(Matthew 16:13-15)

## The Mystery of Jesus

- Ask the group the question: 'What has John F Kennedy, Marilyn Monroe, Princess Diana, the Titanic and Jesus got in common?' Answer: They are subjects of various conspiracy theories!

The *Da Vinci Code* by Dan Brown is a best selling novel that deals with a conspiracy theory. (It is being adapted as a movie, starring Tom Hanks and Ian Mckellen, and directed by Ron Howard, to be released in May 2006). The book deals with the so called 'conspiracy' of who Jesus is and how, in the author's opinion, the Church has both revealed and guarded who the author believes Jesus really is. Perhaps you could ask if anyone has read the book but don't spend too long doing this or be tempted to be drawn into a discussion about the Holy Grail! For our purposes, what that novel expresses is that even two thousand years later there is 'mystery' surrounding who Jesus is, as well as interest in who he is.

## On the Street!

If we did a street survey to ask people who or what they thought Jesus is or was, we would get all different kinds of answers.

- Get suggestions from the group as to what people may say if they were stopped in the street and asked the question: Who is Jesus?  
*Write their answers on a flipchart. You may get things like: he was a good man, he never existed, he's the Son of God, he's God incarnate, a fraud, a religious leader, a political leader, a miracle maker, a story teller, an influential figure, a prophet, I don't care!*

2,000 years ago people were as vague and varied in their opinions as to who Jesus was as people today. Jesus was aware that people had different opinions about him, when, for example, he asked his apostles 'Who do people say that the Son of Man is?' (Matthew 16:13) There are so many incidents in the gospels where people are asking questions, perhaps after Jesus has performed some sign or miracle, or after some story or teaching. There were lots of questions, queries, controversies and misunderstandings. Some of those questions were designed to try to catch out Jesus. Others were genuine questions from the heart. Even those close to Jesus misunderstood who he was sometimes! For example, 'Have I been with you all this time and you still do not know me?' (John 14:8)

- What does Jesus mean to you? There are several different ways of doing this. If you have access to the USPG Resource '*The Christ we Share*' then use the different images of Jesus. Ask them to choose one that appeals to them. Alternatively, prepare various cards with titles of Jesus on them, such as Shepherd, King, Lord, Healer, etc. and ask them to choose one that speaks most powerfully to them. If you have time, briefly discuss their choices.

## The Meaning of Mystery?

Now look again at Colossians 2:2

*'I want their hearts to be encouraged and united in love, so that they may have all the riches of assured understanding and have the knowledge of God's mystery, that is, Christ himself.'*

It's worth taking a look at what Christians in early times may have understood by the word 'mystery.'

Hierapolis, the neighbouring city of Colossae and Laodicea, was the centre of Phrygian Mystery Cults. Mystery cults in both the Greek and Jewish traditions were cults where knowledge of cosmic, philosophical or religious secrets was available to privileged initiates. Mystery, too, is a key idea in the sectarian writings of the Qumran literature – The Dead Sea Scrolls—where *raz* is a mystery revealed to certain people, and also features in Jewish apocalyptic writings.

However, a difference between that and the mystery referred to in the letter to the Colossians is that Paul's 'Mystery' is a universal revelation – open to all! God wishes to make known the mystery and he does this in Christ. He desires to share the se-

cret of who he is with the people he has made. Paul is departing from accustomed usage – the Mystery is now ‘a vast sacred reality, an immense design, in the mind of God’ (Charles Hill, *Jesus and the Mystery of Christ*)

God has made himself totally available to the people he has made—in and through Christ. Through his death and resurrection, we experience for ourselves the divine plan of salvation for the world.

## A Secret Unfolding

In 2000 the Freedom of Information Act was passed and fully implemented in 2005. The public now have the right to access to documents and information. It’s about knowing what’s happening, having that freedom of information! Some people are really good at keeping a secret, others not so good!

- How good are you at keeping a secret?
- Secrets are usually told to someone you trust or care about. How does that make you feel in relation to God’s mystery revealed to us?

## Lost for Words

Even though God reveals the mystery of who he is, our language is very limited when it comes to expressing what has been revealed. That’s why many of our words to describe God are in the negative. For example, invisible, unfathomable.

- Can the group thing of others?

## Questions and Answers...and Questions

As well as it being difficult to put this Mystery into words, we may find it difficult to understand in the first place!

- Since you have been a Christian, are there more questions?
- Does having answers produce more questions?
- Have you grasped everything? Can anyone?!
- Are there things that still don’t make sense to you? How does that make you feel?
- Are there times when we ourselves complicate things?!

## Knowing Me, Knowing You!

There are occasions in the gospels where Jesus realises that people have misunderstood him. For example, in John 6:26, he tells the crowds that they are looking for him ‘*not because you saw signs, but because you ate your fill of the loaves.*’ Their mind is on their stomachs rather than on who Christ really is! In all of our friendships and relationships we don’t get to know everything about a person immediately. It takes time. It’s the same with God. We don’t know everything ‘about him’ even though we can say we ‘know’ him.

## Awesome Man!

As St Paul says, ‘*For now we see in a mirror dimly but then we shall see face to face. Now I know only in part; then I will know fully, even as I have been fully known.*’ (1 Corinthians 13:12). It gives a captivating picture of being caught up in the mystery of God in heaven in glory, seeing him as he is, rather than just having a dim reflection. The belief that one day we will have the same insight into God that God has of us. This inevitably must fill us with a sense of awe and wonder.

- When are you filled with awe and wonder at God?
- Have there been specific times in your life when you have been filled with feelings of awe?
- Are you able to ‘explain’ or ‘express’ those experiences of God?

Hopefully, this will end on an inspiring note with people sharing their experiences and will lead naturally into prayer.

End with a time of prayer and worship, using the Enter the Mystery prayer.

‘The important thing is not to stop questioning.’  
*Albert Einstein*

For now we see in a mirror dimly  
but then we shall see face to face.  
Now I know only in part;  
then I will know fully,  
even as I have been fully known.’  
*(1 Corinthians 13:12)*

**ENTER  
THE  
MYSTERY**

## Session 2

# The Mystery of the Eucharist

‘When I think of the Eucharist, and look at my life as a priest, as a Bishop and the Successor of Peter, I naturally recall the many times and places in which I was able to celebrate it. I remember the parish church of Niegowic, the collegiate church of Saint Florian in Krakow, Wawel cathedral, Saint Peter’s Basilica and so many basilicas and churches in Rome and throughout the world. I have been able to celebrate...in chapels built along mountain paths, on lakeshores and sea coasts; I have celebrated it on altars built in stadiums and in city squares. This varied scenario of celebrations of the Eucharist has given me a powerful experience of its universal and, so to speak, cosmic character. Yes, cosmic!’

John Paul II  
(*Ecclesia de Eucharista*)

‘Every day I celebrate the Eucharist. Sometimes in my parish church with hundreds of people present, sometimes in the Daybreak Chapel with members of my community, sometimes in a hotel suite with a few friends, and sometimes in my father’s living room with just him and me’

Henri Nouwen  
(*With Burning Hearts.*)

## Where in the world?!

- Ask the group to think of the different places where they have celebrated the Holy Eucharist. Write their answers on a flipchart.
- In what different ways have they celebrated the Eucharist?
- Now ask for different words used for the Holy Eucharist.

This exercise is simply to explore the different aspects of the Eucharist. No one way is better or more correct than the other. What is important is that the Eucharist celebrated and lies at the heart of the Church’s life.

## The High Point of the Christian Life

In the Church in Wales Prayer Book (General Rubrics, page 3) the Holy Eucharist is described as ‘the principle act of Christian worship.’

- Why is this?

Hopefully, some of the suggestions will refer to Scripture, including Jesus’ institution of the Eucharist at the Last Supper.

For example, in the Gospels: Matthew 26: 26-29; Mark 14:22 –25; Luke 22:19 –20

In the Acts of the Apostles (2:42) we read: ‘*They devoted themselves to the apostles’ teaching and fellowship, to the breaking of bread, and to the prayers.*’

In his first letter to the Corinthians (11:23ff) Saint Paul says: ‘*For I received from the Lord what I also handed on to you, that the Lord Jesus on the night he was betrayed took a loaf of bread, and when he had given thanks, he broke it and said, ‘This is my body that is for you. Do this in remembrance of me.’*’

So, we celebrate the Eucharist because of Jesus, in obedience to his command, ‘*Do this in remembrance of me.*’ It has been a familiar and central part of people’s experiences in the church from earliest times. Through that time it has developed and enriched, but it remains central to our life together as the Church.

- What is your experience of the Holy Eucharist in your parish?
- How is it celebrated?
- What words would you use to describe the worship you experience?
- What do people dislike about the way the Eucharist is celebrated?
- What do they like?

This is not intended to be a discussion that turns into an argument!

## The Holy Mysteries

From early times, the Holy Eucharist was referred to as the Holy Mysteries. This description is still used today. For example, in the Church in Wales Prayer Book, receiving communion is described as receiving the Holy Mysteries. (*General Rubrics, page 3*) And in almost every book or commentary of the Eucharist we seem to get the world ‘mystery.’

- What elements or aspects of the Eucharist are important to you?  
*Think about such things as praise, worship, word, sacrament, communion, meal, fellowship, intimacy, presence of Jesus, holiness, sacrifice, etc.*

One way of doing this is to write these and other aspects on postcards. Then the group or groups have to choose five out of ten, then three, then two, then one, to see where how people perceive the Eucharist. Allow some room for discussion.

## Questioning the Eucharist

- What ‘mystifies’ you about the Eucharist?  
*That is, are there things you don’t understand, or are there things you have questions about?*  
Perhaps one ‘safe’ way of doing this would be to give everyone a piece of

paper and a pen and ask them to write a question about the Eucharist. Collect them and read them out. If you know the answer, try to answer them. If you don't then be honest and say you will find out. Or just use the questions to illustrate how much a mystery things can be sometimes, or to get discussion going. The Mystery of the Eucharist is about experiencing for ourselves the saving love of Christ.

## An Awesome Meal!

The notion of Mystery encourages or instils a sense of awe and worship from those who share in the liturgy and worship. St John Chrysostom (c.347 –407) described the altar as 'a place of terror and shuddering.' In a hymn adapted from the Liturgy of St James, we sing, 'Let all mortal flesh keep silence and with fear and trembling stand...'

The Eucharist is a banquet, a meal, which can express an intimate, almost informal gathering. Often we can forget about the 'meal' aspect of the Eucharist. However, there is also a need for awe and wonder. When we proclaim the mystery of Faith, we say or sing, '*Christ has died, Christ is risen, Christ will come in glory.*' There is a looking forward to the heavenly banquet.

Sometimes, there can be a tension in parish worship between these two aspects of awe and intimacy. It's a challenge to offer worship that is easily accessible by all, yet maintains awe and wonder.

- Is there a sense of awe and wonder in the way the Eucharist is celebrated in your parish?
- Is the experience influenced by how YOU feel on coming to worship?
- What about the intimacy and fellowship?
- What could you do at the Parish Eucharist to maintain these two aspects?
- How do you already achieve it?

## Moving On!

Sometimes we have no other way of experiencing how the Eucharist is celebrated apart from our own parish. It's often good to experience it in different places in different ways because it helps us to develop and enrich the liturgy in our own parish. In the early centuries of the church's life, there were lots of local traditions and local ways of celebrating the Eucharist whilst keeping within the universal framework and theology, which enabled the Eucharist to develop.

Now, think about the way the Eucharist is celebrated in your local church:

- Has it changed and developed over the years?
- Does the Church building dictate how the Eucharist is celebrated?  
*In other words, if the building was ordered differently could different aspects of the Eucharist be expressed more eloquently?*
- Are there ways in which the building can be used to serve the worshipping community instead of vice versa?
- What tensions are there in the parish in regards to worship? For example, modern versus traditional, catholic versus evangelical, young versus old, etc.
- Are there ways in which we can work together to make the Eucharist something that allows the whole community to worship together and enable all people to draw near. Think about the place of children, young people, elderly, disabled, hard of hearing, visually impaired, young families, single people, newcomers, stalwarts, etc.

*Think about: Music, posture, ritual, how the space is used, how people are involved, are things done with meaning, do you understand why things are done in a certain way, atmosphere, the time and duration of the Eucharist, etc.*

There is a resource sheet available at [www.enterthemystery.com](http://www.enterthemystery.com) that deals with music used at the Eucharist from the experience of e events. This may be a useful resource for you.

End with a time of prayer.

'The Eucharist is the most ordinary and the most divine gesture imaginable.'

Henri Nouwen  
(*With Burning Hearts*)

**ENTER  
THE  
MYSTERY**

## Session 3

# The Mystery of Life

‘As far as I know, no one has adequately and conclusively explained the existence of evil in our world. I do know, however, that the answer is to be found in looking at the crucified Christ.’

*Basil Hume  
(‘The Mystery of the Cross’)*

‘Why are we here? We must have heard Jesus calling us by name.

We are like St Paul. Once he realized the love of Christ, he cared about nothing else.

He did not care whether he was scourged or put in prison.

For him, only one thing was important:

Jesus Christ.’

*Mother Teresa*

## Quick Fire Quiz!

Begin with a ‘fun’ quick fire quiz consisting of extremely easy questions—such as What is the capital of France, what’s the first book of the New Testament, how many legs does a Spider have, how many in a dozen, etc. Then throw in a few other profound questions such as: ‘Why is there suffering in the world?’ -‘What’s the meaning of life?’

## Searching for Answers

Probably with those profound questions there will be hesitation. Certainly there won’t be one word answers. They are things we really need to think about—because they are important questions that really touch us and change us. They may be questions that we ask, and don’t get immediate answers. Questions that we have to work through.

- How do we look for an answer to those questions?

## What’s It all About?

- Invite them to spend a few moments thinking about one of the happiest moments in their life.
- What made them happy?
- Think about the saddest time.
- What questions did or do they have about that time?

Lots of questions that people have when they are faced with sad or tragic circumstances may be on the lines of: ‘Why does God let this happen?’ or ‘Why doesn’t God do something?’ Even Jesus from the cross said, ‘*My God, My God why have you abandoned me?*’ Sometimes, when we go through these difficult times we may not be able to see where God is in it all, or how everything fits together. It’s not until afterwards that we can look back and see how things worked out. Then we can see things with hindsight and some degree of objectiveness.

- Are there any situations in your life where this has happened?

## The Meaning of Life!

As Christians, we believe that Jesus gives meaning to life. In the first session we looked at how God has a plan for the world. It’s a plan that has been made known in Jesus, though we may still have difficulty getting to grips with it all!

- Where do different people look for meaning to life?  
*Religion, philosophy, family, friends, love, alcohol, drugs, sex, work, etc.*

## Just a Thought!

We may take some things to extreme, and lose focus. Perhaps we get lost in work, or lost in ‘this’ or ‘that.’ Quite often we can be so caught up in busyness or distraction that we don’t have time to reflect.

- Is there any ‘space’ in your life do that ‘thinking’ or ‘reflection’?  
*It could be a retreat away for a few days, a day a week, an hour a week. Maybe your time on a Sunday in church allows you that time to consider? Is there something the parish could do to help people have this ‘space’?*
- Do you ever talk to anybody outside of your situation to get a different perspective?
- What makes life wonderful for you?
- What makes life difficult?

## In the Small Print?

Jesus said, ‘*If anyone wants to be a follower of mine, let him renounce himself and take up his cross and follow me.*’ (Matthew 16:24). The very nature of human living and Christian discipleship means that we will have hurts, pains, and sacrifices to make. Perhaps, we have been so used to a lifestyle of convenience that we are often antagonistic toward this idea of hardship in life. Just think of the account of the Transfiguration. It’s part of the hard reality of life that we have to follow Jesus in the

‘Prefer  
absolutely nothing to  
the love  
of Christ.’  
*St Benedict*

‘It lasts and ever shall,  
because God loves it.’  
*Julian of Norwich*

‘God became human,  
so that we could  
become divine.’  
*St Augustine*

‘You are made  
to live with God  
for ever.’  
*John Paul II,  
to a large gathering of  
young people in Milan*

**ENTER  
THE  
MYSTERY**

difficulties as well as the easier times.

- Think about famous love stories, made famous in TV and Film. For example, Romeo and Juliet, The English Patient, Titanic, etc. Ask for suggestions from the group.

One of the characteristics of love stories is often tragedy or sadness. Love is, by its very nature, difficult and sacrificial. When we look at the *greatest* love story we have, God’s love for the world, we see right at its heart the sacrifice, pain and death of Jesus, which brings life and wholeness. This is part of the Mystery of Love.

### Love, Love Me Do!

Someone once said, ‘When children least deserve your love, then they need it most.’ This is the challenge of love— to love through and beyond the difficulties. God loves us even when we deserve it the least...for then we need it most!

In one of the visions of Julian of Norwich, we read: ‘In this vision he showed me a little thing, the size of a hazelnut, and it was round as a ball. I looked at it with the eye of my understanding and thought "What may this be?" And it was generally answered thus: "It is all that is made." I marvelled how it might last, for it seemed it might suddenly have sunk into nothing because of its littleness. And I was answered in my understanding: "It lasts and ever shall because God loves it.”’

### Raise Me Up!

In the Eucharist we experience something of the Mystery of Christ, where we worship ‘*with angels and archangels and the whole company of heaven.*’ Heaven is often described using images of worship, because it’s when we are caught up in worship of God that we are fulfilling how God made us. Being a Christian is a lifetime’s journey, that takes us from here to eternity. It’s just as well that we have eternity to work it out because that’s how long it will take!

•

St Augustine said: ‘*God became human so that we could become divine.*’ In Jesus we see what it really means to be human. In the Mystery of the Incarnation—God takes on human flesh—he experiences the human condition from the inside out, he goes through everything that we go through, he bleeds and dies, in order to take his life up again, and in doing so to raise us to the heights of heaven. We get glimpses of heaven in this life, glimpses of glory and perfection, and what it means for God to rule.

### Life and Death...and Life!

Provide a number of different newspapers. Ask the group to look for items that deal with:

- Signs of death, destruction, sacrifice, tragedy in the world today
- Signs of life, healing, resurrection in the world today

Jesus is there in all the situations. He does not and will never abandon us. Perhaps, if there is time, consider the ways in which Jesus can be seen to be present, perhaps by relating these items to incidents in the life and ministry of Jesus.

Then use these for the closing prayers. Light a candle. In turn, place an item with the following or similar words:

In the mystery of death.  
**We seek your presence.**

In the mystery of life,  
**We seek your presence.**

# Prayers and Meditations

## Enter the Mystery Prayer

Father,  
your mystery unfolds through time  
and time is gathered into your mystery.  
Lead us further into the mystery that is Christ himself.  
unite your people  
in love and understanding  
and help us to bring others to knowledge of you.  
We ask this through Christ our Lord. Amen.

## Before We Go Our Separate Ways

A Meditation for the end of a Day or Meeting together.

So before we go our separate ways.....  
Before we separate and get on with other things.....  
Let us remember what the Lord has revealed to us this day.  
For... *(insert here particular things that have been discussed or worked on)*  
He uses our lips in ways that our tongue cannot tell.  
He uses our eyes in ways we cannot imagine.  
He uses our gifts in ways that we never give credit to  
He uses our minds in ways that we can't comprehend.  
There is no way of knowing sometimes how or when or why he plants his seeds which,  
with care and attention, can grow into seedlings or shrubs or trees.  
They are such small things that we may overlook or ignore.  
But in his own gentle way he has planted seeds today.  
And so let us remember what the Lord has revealed to us today.  
And let us be thankful.

## At the End of the Day

A Meditation for the end of a Day or Meeting together.

At the end of this day together, let us be silent and wait on God.....  
But have you thought about the times that God waits on us?  
He waits for us to listen.  
He waits for us to respond.  
He waits for us to do all sorts of things.  
He's done a lot of waiting for us today.  
We hope that all we have discussed and shared and heard is what he was waiting for.  
We hope you're not disappointed, Lord.  
We hope that the waiting was worth it.  
We hope that all we've done this day can be used in the mission of your church.  
We hope that we may deliver the goods to those who are waiting for the news of your  
love and hope and forgiveness.  
Keep us excited so that we *can't* wait to do the next thing.  
So that we can't wait to share the gospel with others  
And, so - we wait on you - the Lord who waits and watches for us

## God I'm Full!

A Meditation for use after Communion

God, I'm full!  
Stuffed. Satiated. Packed out. Full up! I can't eat any more!  
I couldn't eat another thing!  
I think I've over done it!  
I'll never eat again!

I love food!  
And, of course, sometimes, I admit, God, I pig out and eat too much!  
I'm only human – but I stuff my face! And really enjoy it!

Jesus had a lot to say about food!  
Well, he talked about food a lot, anyway!  
Maybe there's something in that!

**ENTER  
THE  
MYSTERY**

Maybe following Jesus is like eating a meal!  
Sometimes, I follow Jesus whole-heartedly like having a full three-course, slap up meal! I feast on it! I take a great big bite out of it!  
Other times, I just eat fast food, a convenience meal, taking Jesus on the hop, without giving him too much time or thought.  
Or I'll have a TV dinner, sat in comfort, on my own, enjoying my own company, relaxed and laid back, enjoying his company.  
And other times I play about with faith like food on a plate, pushing that sprout around, playing with it, not really that interested or enthusiastic!  
Or I'll miss a meal, like skipping breakfast or lunch, and not even realise it! Like I've lost my appetite for following Jesus!  
But thanks, God, for feeding us today.  
Thanks for this meal you've shared.  
Thanks for this Eucharist:  
for feeding us with Jesus, the bread of life.  
Help us leave here full of Jesus' presence.  
With an appetite for life  
and all that you want us to do. Amen.

## We Sat at Table

### *A Meditation for the Eucharist*

We sat at table,  
staring at each other  
over a lit candle  
that cast shadows over the darkened  
walls.  
He came with a message –  
with something to say.  
I waited for words  
And all I heard was silence.  
Not an awkward silence –  
But the silence two lovers hold  
when they gaze into each other's eyes.

We could have been there for minutes or  
months.  
And then movement  
as he reached out and offered me food:  
a strange disjointed gesture.  
My mind had been fixed on love  
and here he was breaking the stillness,  
the silence.  
He gazed at the crust in his hand,  
lovingly, as if offering me something rare  
and precious,  
a piece of himself.  
'This is my body,' he said.  
And so I ate.

I raised my eyes to him again.  
A glass of wine, deep and red, almost a  
toast.  
But not quite.  
More a sharing,  
an intimate moment for friends.  
'This is my blood.'  
It was sweet and strong,  
I was intoxicated  
by love.

And then a door opened  
as someone slipped into the darkness.  
The candle flickered in answer to the  
breeze,  
painting ominous pictures on the plaster.  
Then he was gone,  
disappearing into the shadows himself.  
I could no longer see him.  
But there was no distance between us.

We sat at table,  
staring at each other  
over a lit candle  
that cast shadows over the darkened  
walls.  
He came with a message –  
with something to say.  
I waited for words  
And all I heard was silence.  
Not an awkward silence –  
But the silence two lovers hold  
when they gaze into each other's eyes.

'Peace be with you,' he said.

Diocese of Llandaff Youth Department  
**[www.enterthemystery.com](http://www.enterthemystery.com)**