

CLOSING PRAYER:

Invite members of the BEC to pray spontaneously

CLOSING HYMN:

Take and Bless, Break and Give

Take, take these gifts
Gifts, of bread and wine
Giver of all... God of life

Take this gift, this gift of bread
Take this gift, this gift of wine
Take these gifts, these gifts of our lives
In memory of you
Bless, bless these gifts
Given, given for all
Spirit of God... Make us as one

Take, this is my body
Take, this is my blood
My body and blood.. given for all

Take and eat, this is my body
Take and drink, this is my blood
Take and eat, Take and drink,
In memory of me

Give, give yourself
Give, give your life
One at the table... Christ in the world



BE DISCIPLES OF HOPE

JUNE 2018

B&C Reflection



INTRODUCTION:

We receive (take) the gift of life from our gratuitous Father, and in Christ we gratefully thank our Giver of Life. In our life journey, we experience being broken, healed, and raised to life ever new. We share (give) God's gifts - our time, talent, and resources with others. Take, Break, Give in Christ are movements that mark our lives as disciples of Hope. May our lives gradually become our daily acts of thanksgiving to our Trinitarian God. Blessing and praising the Divine Presence draws us into intimate communion with the Spirit in Christ and with one another.

OPENING PRAYER:

Invite a member of the BEC to say the opening prayer.

OPENING HYMN:

BREAD, BLESSED, BROKEN

May the bread we break today
may the cup we share
Lift the burdens of our hearts
lift them everywhere
Passing on to each of us
the measure of your love
Love to make us whole again
as we share your word.

Ref:

Bread, blessed and broken for us all
Symbol of your love from the grain so tall
Bread, blessed and broken for us all
Bread of life you give to us
Bread of life for all.

Jesus, You're the One I love,
You're the One I know
You're the One who make me
strong spirit in my soul
From the clouds of yesterday
through the night of pain
Teach me Lord to know your way,
know it once again. (ref)

DIALOGUE:

Here are three stories about the lives of people who try to live the mission like Christ, to be disciples of hope:

1 Betty is a resident in the home for the aged. She walks very slowly with a hunch and a limp due to knee and back aches. As she walks, she often tries to raise her head a little upwards to greet people with a smile on her face. One day when asked how she copes with pain with a smile on her face, she answered in her own simple words: "Once we grow old we cannot avoid pain. But Christ suffers how many times more because He loves us. I just tell myself that I want to follow Christ. I go for Mass and I try to be happy despite the pain. Isn't it better to smile than to scold people?"

2 Simon is a father of three daughters. His wife, Alice is a homemaker. One of the daughters is disabled who needs a lot of attention. Each day is a struggle for the couple. For Simon, besides working as a project supervisor, he also sees to the needs of the family after work. He is often seen accompanying her daughters before they go to bed. He tells them stories, shares jokes with them and play with them. Of course, there are times when he gets impatient and scolds his children. He tries to cut down social

entertainments in order to spend more time with her disabled daughter. Alice goes about her daily routine with a sense of responsibility. She tries to look after her daughters, especially the disabled one herself and leaves other household chores to the domestic help. On Sundays they are among the early few to be in church. Both Simon and Alice said that the Eucharist gives them the strength to hold the family together in the midst of challenges and difficulties.

3 Janice and Jerry are siblings. Janice works as kindergarten's teacher. She often reaches out to the parents of the children in her class and tries to improve parent-child relationship. She says that it is worth walking the extra mile as taught by Christ in order to help the young children in their growing years. Jerry is a college student. Encouraged by her sister, he gets involved in many outreach programs organised by the parish. As he walks with people who are poor and suffering, he realizes that he can be a disciple of hope to the less fortunate. Now he gets his friends involved too. He says that reaching out helps him to experience Christ in the poor. So he wishes to learn more about the scriptures now.

Buzz with the person next to you. Buzz a second time with another Person

- **What 'struck' you in the above stories?**
- **How are the different people in the stories 'taking', 'breaking' and 'giving' Christ to others?**
- **Based on your own experience, how is the Eucharist an important source of grace and strength in your own life?**

DISCERNMENT:

Colossians 1:9-12

"For this reason, since the day we heard about you, we have not stopped praying for you. We continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives, so that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God, being strengthened with all power according to his glorious might so that you may have great endurance and patience, and giving joyful thanks to the Father, who has qualified you to share in the inheritance of his holy people in the kingdom of light".

Source: Jerusalem Bible

Reflection:

- We read the text again. Then in silence we listen to the word that the Lord wants to speak to us in our hearts.
- We share on the word/phrase in the text that touched us.
- How can we grow in the knowledge of God's will and be strengthened for mission?
- Choose a 'word of life' from the scripture text for our group.

Deeds:

- When the people in the above stories receive the Body of Christ and bring Christ to wherever they go. Suggest ways how you as:
Individual | Family | BEC
reach out to give Christ-like service to the needy who lives around you.
- 2. Are there any activities that your BEC has been doing since the last month? Do you wish to report on what has been carried out? Do you wish to continue?