

Encountering the Son

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Here, 2 of our young voices in the Diocese reflect on their relationship to the Son.

When we initially thought of the word 'communion,' the first word to spring to mind was sharing. The word 'communion', is derived from the Latin term 'communio', which essentially translates to 'sharing in common.' We experience this sharing through Mass, to us it is a remembrance of Christ's act through the Last Supper. At Mass, during the breaking of bread, and the consecration of the gifts, we begin to understand and comprehend Christ's act. Communion is not just about the gifts of bread and wine, to us there is so much more meaning behind it.

The Eucharist has such depth, it allows us to pray and worship a being who sacrificed their life for others. To us, it is not a prayer to mourn, but one to celebrate. To celebrate the gift of new life. Throughout the Eucharist, the word of God is our map. It is a journey. A journey that we can all take individually, but there is much more power when this journey is done together as a community.

Just like the disciples on the Road to Emmaus, who were so downcast from the emotions and stresses of life, that they were walking away from their true destination. This can be evident in our own lives, when our own stresses emerge. It is only when we recognise that Jesus joins us on that journey and reminds us of the Scriptures, and breaks the bread, that our eyes can be truly opened. On any journey, our essentials are a map, some food, and a drink. In relation to the Road to Emmaus, on our own journey, once we have our food and drink (bread and wine), and our map (the Word of God), then our eyes will be opened.

How do we ensure we are continuing to go the right way? For us, receiving Communion within Mass is a time of reflection. It is an opportunity to find peace, correct our direction if needed, and reaffirm our priorities with the purpose we want to take with us into the following week.

Before starting on the internship with the youth ministry team, Beth worked as a mental health social worker, during which she had an opportunity to sit in a Narcotics Anonymous meeting. Similarly, to Alcoholics Anonymous, the NA meetings follow the '12 step programme' for recovery. Whilst this recovery programme aims to provide a road map for a lasting sobriety, there are parallels that can be drawn to the road map we receive through the word of God and the Eucharist. The three final steps of the 12-step programme outline 'maintenance', 'making contact' and 'service'. For us, attending Mass is a form of maintenance as it provides a weekly opportunity to acknowledge we are still on a journey, and continue to need regular guidance. Receiving Communion is a way of making contact. It is a tangible reminder that we are not alone on the journey and that if should allow ourselves to seek help, from God and from our community. The final step refers to 'service'.

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