

**“Reflection for Communion”**

Meditation Preached by The Rev. Jennifer Cameron

October 3, 2021 – St. Columba Presbyterian Church, Belleville

**Hymns for Worship Video – October 3, 2021**

“How Sweet the Name of Jesus Sounds” #357 in the Book of Praise Vv. 1, 4, 5

**V. 1** How sweet the name of Jesus sounds

In a believer's ear

It soothes our sorrows heals our wounds

And drives away our fear

**V. 4** Jesus my Shepherd Brother Friend

My Prophet Priest and King

My Lord my Life my Way my End

Accept the praise I bring

**V. 5** Weak is the effort of my heart

And cold my warmest thought

But when I see Thee as Thou art

I'll praise Thee as I ought

*John Newton / John W. Peterson*

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“Let us Break Bread Together” #548 in the Book of Praise Vv. 1-3

**V. 1** Let us break bread together on our knees

Let us break bread together on our knees

When I fall on my knees

With my face to the rising sun

O Lord have mercy on me

**V. 2** Let us drink wine together on our knees

Let us drink wine together on our knees

When I fall on my knees

With my face to the rising sun

O Lord have mercy on me

**V. 3** Let us praise God together on our knees

Let us praise God together on our knees

When I fall on my knees

With my face to the rising sun

O Lord have mercy on me

*William Farley Smith*

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Closing Chorus: "Now From this Table Rise #556 in the Book of Praise Vv. 1-2

Now let us from this table rise  
Renewed in body mind and soul  
With Christ we die and live again  
His selfless love has made us whole

With minds alert upheld by grace  
To spread the Word in speech and deed  
We follow in the steps of Christ  
At one with man in hope and need

*Fred Kaan*

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**Scripture Texts: Psalm 8**

<sup>1</sup> O Lord, our Sovereign,  
    how majestic is your name in all the earth!  
You have set your glory above the heavens.  
<sup>2</sup> Out of the mouths of babes and infants  
you have founded a bulwark because of your foes,  
    to silence the enemy and the avenger.  
<sup>3</sup> When I look at your heavens, the work of your fingers,  
    the moon and the stars that you have established;  
<sup>4</sup> what are human beings that you are mindful of them,  
    mortals that you care for them?  
<sup>5</sup> Yet you have made them a little lower than God,  
    and crowned them with glory and honor.  
<sup>6</sup> You have given them dominion over the works of your hands;  
    you have put all things under their feet,  
<sup>7</sup> all sheep and oxen,  
    and also the beasts of the field,  
<sup>8</sup> the birds of the air, and the fish of the sea,  
    whatever passes along the paths of the seas.  
<sup>9</sup> O Lord, our Sovereign,  
    how majestic is your name in all the earth!

**Hebrews 1:1-4; 2:5-12**

Long ago God spoke to our ancestors in many and various ways by the prophets, <sup>2</sup> but in these last days he has spoken to us by a Son, whom he appointed heir of all things, through whom he also created the worlds. <sup>3</sup> He is the reflection of God's glory and the exact imprint of God's very being, and he sustains all things by his powerful word. When he had made purification for sins, he sat down at the right hand of the Majesty on high, <sup>4</sup> having become as much superior to angels as the name he has inherited is more excellent than theirs.

<sup>5</sup> Now God did not subject the coming world, about which we are speaking, to angels. <sup>6</sup> But someone has testified somewhere,

“What are human beings that you are mindful of them,  
or mortals, that you care for them?”

<sup>7</sup> You have made them for a little while lower than the angels;  
you have crowned them with glory and honor,

<sup>8</sup> subjecting all things under their feet.”

Now in subjecting all things to them, God left nothing outside their control. As it is, we do not yet see everything in subjection to them, <sup>9</sup> but we do see Jesus, who for a little while was made lower than the angels, now crowned with glory and honor because of the suffering of death, so that by the grace of God he might taste death for everyone.

<sup>10</sup> It was fitting that God, for whom and through whom all things exist, in bringing many children to glory, should make the pioneer of their salvation perfect through sufferings. <sup>11</sup> For the one who sanctifies and those who are sanctified all have one Father. For this reason Jesus is not ashamed to call them brothers and sisters, <sup>12</sup> saying,

“I will proclaim your name to my brothers and sisters,  
in the midst of the congregation I will praise you.”

### **Meditation**

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

This week I was given a note to share with the congregation. It is a note of appreciation from a dear member of this worshipping community. It is quite moving in how he expresses his gratitude. It is from our brother Sherman who is fighting cancer. Here is what he has asked me to share:

“I have been thinking a lot of what to say to the church members, other than thanks, but thanks is all I can think of right now. When this first started, I was overwhelmed by the prayers and other things I received from the church. I know now what a church family is. I realize there are many others in the church with the same trouble, so my prayers go out to them. Let us face these problems with help and prayers for all. Sherman”

As I read Sherman’s words, I was deeply touched by how, in the midst of his own struggle, he is also thinking of others who are going through their own trials. As he states he now knows what a church family is, he models what church family ought to be. The apostle asserts that because we are one body, when one member hurts the whole body hurts. Sherman’s note of gratitude expresses that idea, and also shows us that when the part that has been hurting experiences healing – physical, emotional, or spiritual – the whole body feels it. The rest of the body desires healing for all of its parts. Sherman’s cancer may not have gone away, but the spiritual healing he is experiencing may just have started a wave of compassion that will course through this community, this church family.

As I prepared for today’s service, reflecting on the sacrament of the Lord’s Table in which we will participate, I spent some time thinking about the other common term for this sacrament – Communion.

It is about coming together,

in unity,  
standing on the same foundation,  
receiving the same blessing.  
Communion is about relationships,  
our relationship with Christ and with each other in our shared faith in him.  
In other words, Communion is about community – true community – built on and around the  
One who gave us this meal to share.  
Community is people.  
Christian community is people sharing a common faith, a common mission, and a common love.  
We are loved by the same God, and we love the same God.  
We show compassion to one another because of God's love.  
We care for each other with God's love.  
We worship together because we love God.  
We worship together because we are a part of this community, this family. We are sisters and  
brothers with each other.  
We are sisters and brothers with and in Christ.

Both of the scripture texts we have shared today speak to God's love for this family and  
this family's love for God. They speak of this community of God's people. We were lovingly  
made by our Creator God who deserves honour and praise. That same God became one of us –  
God the Son – and was humbled among us in order to glorify God the Father. God the Son was  
made lower than the angels in order to makes us one with him. And we are assured of our union  
with him as we read in in the last two verses of today's Hebrews passage:

*For the one who sanctifies and those who are sanctified all have one Father. For this reason  
Jesus is not ashamed to call them brothers and sisters,<sup>12</sup> saying, "I will proclaim your name to  
my brothers and sisters, in the midst of the congregation I will praise you."*

Jesus, in giving us this meal to share, this symbolic meal of bread and cup, gave it to his  
family. By participating in this sacrament we are blessed by the presence of his Spirit moving in  
and around us. We are reminded that Jesus our brother is also Jesus our Saviour.

He is the one who died for his family.

He is the one who defeated death for us.

He was betrayed by a brother, and now he is worshipped by brothers and sisters throughout the  
world and throughout history.

On this World Communion Sunday, this day when we celebrate Communion, [something  
for which we have waited for a year and a half to do together], we do so with brothers and sisters  
we know and love, and brothers and sisters we have never met. We do so in community, as a  
family of faith.

We are humbled by this event in the life of the church.

We are grateful for Jesus' sharing of this meal with his sisters and brothers as he anticipated the  
cross.

We are made fully aware of what it means to be a church family.

This table, the Lord's Table, reminds us we are a family, held together by a unique and  
saving faith in a unique and saving brother – our Lord Jesus Christ. Amen.