

Communion for October 23, 2016 (Ideas taken from Goodwill Patterns)

Our descendants will ultimately decide how well we have responded to the needs of all peoples, including the next 7 generations. A commitment to show good will toward everyone lifts us above our usual way of seeing the world. We become better able to see the best outcome for everyone in any given situation. The will toward fairness-for-all is a group-conscious. It stems from our deep need and longing to be in harmony with the natural world, with each other, and with the Source of all Life. As we practice the will towards fairness-for-all, we become increasingly aware of the interrelationship of everything and everyone.

Because communion as a practice deepens our understanding of relationship, it helps us to grow in our ability to show fairness-to-all. And so we might ask ourselves how will we use the energies that come to us from the blessed elements to create a world that works for everyone? Let us try to imagine what this kind of sharing would look like. We might also consider how the practice of “restorative justice” might bring healing to both victims and offenders. As we pass the bread let us take a moment to align vertically with spirit so that we might be able to horizontally release good will in any situation in which we might find ourselves.

When we come to the table, we commit to conspiring (to breathing together) if only for a few moments in the spirit of oneness. As our blessed elements flood our etheric bodies with higher energies, we are better able to become detached from our emotions, to observe without reacting. It is in this space of calmness that our will towards active compassion is activated. In this space of connection we are better able to understand the true needs of others, independent from what their behavior may have been...As we pass the cup let us imagine a specific person whose needs we would like to understand more fully. As an act of will, make an effort to examine this person’s need from their point of view. Though there is benefit no matter whom you choose, it might stretch us more to choose someone who is a challenge for us.

You may remember that Alice Baily states that practicing good will can change the world. May our efforts as World Servers, create a world of peace, love and inclusiveness. So be it. Take and eat.