

Communion for October 30, 2016 (Ideas from *Goodwill Patterns*)

Peace is possible only when we are successful in putting all the skills of Goodwill and Love into action. This process always begins with an act of will, a conscious commitment to a set of goals, attitudes, and how we will use our imaginations and memory. Our exploration of barriers to healing and wholeness has helped us to acknowledge that our imaginations and memories can either serve to move us forward on the spiritual path or hold us back. The goodwill patterns we have been exploring in communion for the past couple of weeks can help us to grow in our ability to love unconditionally and to become more fair and equitable in all our relationships.

Goodwill begins with the acknowledgement that we are all related, inter-dependent and part of a greater whole. The elements on our table reflect back to us our responsibilities as members of the community of life. The energies we take in from the blessed bread and oil help us to get in touch with that inner place of harmony and connection, so that we might be a relaxed and centered presence when we are called upon to tackle the challenges of the outer world. As our ability to be “at home in serenity” grows, we are able to assist others in aligning with the pattern that is best for the group as a whole. And so as we pass the bread let us think about a relationship in our lives that might shift if we brought a calm peaceful presence to it. What possibilities might open up in the space of harmony that before that moment, would have been unthinkable?

The contents of the cup represent spirit poured out for us, the energies that raise our vibration and aide us in the process of transformation. As our consciousness expands we grow in our ability to see clearly and without distortion. This broader perspective allows us to glimpse the “Big Picture” without projecting past negatives on the future possibilities. Our blessed elements assist us in eliminating that which inhibits soul vision and the full expression of soul qualities. As we dip our bread into the cup, let us commit to aligning with divine purpose to be of greater service to humanity.

Lest we become discouraged with how much we see that still needs to be done, Swami Venkatesananda reminds us that “the positive always overcomes the negative.” As we work together to spread Goodwill, may we acknowledge, encourage, validate, support and strengthen each other. So be it. Take and eat.

