

Communion Rite

Post Communion Reflection This part of Mass can be a suitable time to offer a quieter, more reflective time of prayer, as we thank Jesus for his generous gift of the Eucharist. However, make sure you give people time for their own silent thanksgiving.

Idea *Try this reflection:*

Okay, so Jesus didn't say, 'I was hungry and you gave me a fairly-traded banana' or 'I was a stranger and you helped me seek asylum' or 'I was naked and you managed to source some organically grown cotton t-shirts that weren't produced in a sweat shop for me'.

But God did say 'Be fruitful, multiply, fill the earth and conquer it. Be responsible...' (from Gen 1)

As we are fed by Jesus in Holy Communion, we pray for the courage to **Reclaim the Future!** We ask God to bless each of us as we try to live up to the responsibility of living simply, sustainably and in solidarity with the poor.

And even if our ethical actions seem insignificant or irrelevant, we pray for the grace to know that we can make a difference to the environment and to our neighbour.

We can **Reclaim the Future!** Have faith!