

WOMEN'S PRAYER GROUP AT HOLY TRINITY CATHEDRAL
August 2026
"Eucharist"

Leader: We give thanks that we are able to gather to pray for our community and the world. Let us take a minute of silence to open ourselves to God's presence.

Opening Poem

Reader: Love bade me welcome; yet my soul drew back,
Guilty of dust and sin.
But quick-eyed Love, observing me grow slack
From my first entrance in,
Drew nearer to me, sweetly questioning
If I lack'd anything.
'A guest,' I answer'd, 'worthy to be here:'
Love said, 'You shall be he.'
'I, the unkind, ungrateful? Ah, my dear,
I cannot look on Thee.'
Love took my hand and smiling did reply,
'Who made the eyes but I?'
'Truth, Lord; but I have marr'd them: let my shame
Go where it doth deserve.'
'And know you not,' says Love, 'Who bore the blame?'
'My dear, then I will serve.'
'You must sit down,' says Love, 'and taste my meat.'
So I did sit and eat.
- *'Love Bade Me Welcome' by George Herbert*

Psalm: 34

Psalmist: I will bless the LORD at all times;
his praise shall continually be in my mouth.
² My soul makes its boast in the LORD;
let the humble hear and be glad.
³ O magnify the LORD with me,
and let us exalt his name together.
⁴ I sought the LORD, and he answered me,
and delivered me from all my fears.
⁵ Look to him, and be radiant;
so your faces shall never be ashamed.
⁶ This poor soul cried, and was heard by the LORD,
and was saved from every trouble.
⁷ The angel of the LORD encamps

around those who fear him, and delivers them.
⁸ O taste and see that the LORD is good;
happy are those who take refuge in him.

Scripture Reading: John 6:52-56 & 60-69 (*read three times slowly aloud*)

⁵² The Jews then disputed among themselves, saying, 'How can this man give us his flesh to eat?' ⁵³ So Jesus said to them, 'Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. ⁵⁴ Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; ⁵⁵ for my flesh is true food and my blood is true drink. ⁵⁶ Those who eat my flesh and drink my blood abide in me, and I in them.

⁶⁰ When many of his disciples heard it, they said, 'This teaching is difficult; who can accept it?' ⁶¹ But Jesus, being aware that his disciples were complaining about it, said to them, 'Does this offend you? ⁶² Then what if you were to see the Son of Man ascending to where he was before? ⁶³ It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life. ⁶⁴ But among you there are some who do not believe.' For Jesus knew from the first who were the ones that did not believe, and who was the one that would betray him. ⁶⁵ And he said, 'For this reason I have told you that no one can come to me unless it is granted by the Father.'

⁶⁶ Because of this many of his disciples turned back and no longer went about with him. ⁶⁷ So Jesus asked the twelve, 'Do you also wish to go away?' ⁶⁸ Simon Peter answered him, 'Lord, to whom can we go? You have the words of eternal life. ⁶⁹ We have come to believe and know that you are the Holy One of God.'

Reflection

Leader:

When Jesus spoke the words "This is my Body," I believe he was speaking not just about the bread right in front of him, but about the whole universe, about every thing that is physical, material, and yet also spirit-filled.

Seeing the Eucharist as a miracle is not really the message at all. I can see why we celebrate it so often. This message is such a shock to the psyche, such a challenge to our pride and individualism, that it takes a lifetime of practice and much vulnerability for it to sink in—as the pattern of every thing, and not just this thing.

The bread and the wine together are stand-ins for the very elements of the universe, which also enjoy and communicate the incarnate presence. Why have we resisted this message so much? Authentically eucharistic churches should have been

the first to recognize the corporate, universal, and physical nature of the “Christification” of matter. While Catholics rightly affirm the Real Presence of Jesus in these physical elements of the earth, most do not realize the implications of what they have affirmed. The bread and wine are largely understood as an exclusive presence, when in fact their full function is to communicate a truly inclusive—and always shocking—presence.

A true believer is eating what he or she is afraid to see and afraid to accept: *The universe is the Body of God, both in its essence and in its suffering.*

The Eucharist is an encounter of the heart when we recognize Christ’s Presence through our own offered presence. In the Eucharist, we move beyond mere words or rational thought and go to that place where we don’t talk about the Mystery anymore; we begin to chew on it. Jesus did not say, “Think about this” or “Stare at this” or even “Worship this.” Instead, he said, “Eat this!”

- *Richard Rohr on the eucharist*

What is God saying to you?

What is God calling you towards?

We will take 5 minutes in silence to reflect.

The beginning and end of silence is marked by a chime.

You are invited to share your reflections, insights, and thoughts.

Prayers (*after each bidding will be a quiet pause*)

Reader: Let us be at peace within ourselves.
Let us accept that we are profoundly loved and need never be afraid.
Let us be aware of the source of being that is common to us all and to all living creatures.
Let us be filled with the presence of the great compassion towards ourselves and towards all living beings.
Realizing that we are all nourished from the same source of life, may we so live that others not be deprived of air, food, water, shelter, or the chance to live.
Let us pray that we ourselves cease to be a cause of suffering to one another.
With humility let us pray for the establishment of peace in our hearts and on earth.
May God kindle in us the fire of love to bring us alive and give warmth to the world.

**All: Lead me from death to life,
 From falsehood to truth;
 Lead me from despair to hope,
 From fear to trust;
 Lead me from hate to love,
 From war to peace
 Let peace fill our hearts,
 Our world, our universe.**

Lighting of Candles

We each light candles and make our own prayers to God. We can share with the group or quietly offer our thoughts and prayers to God alone.

The Lord's Prayer

Leader: And now as our Saviour taught us, let us say,
All: **Our Father in heaven, hallowed be your name,
your kingdom come, your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins as we forgive those who sin against us.
Save us from the time of trial and deliver us from evil.
For the kingdom, the power, and the glory are yours,
Now and for ever. Amen**

Prayer for Holy Trinity Cathedral

Leader: Kind and loving God, you have instilled in us a need for prayer,
and have said, “Whatever you ask in prayer, you will receive”
(Matt. 21:21 – 22)

All: Therefore, we ask for your continued guidance to renew our physical and spiritual resources in Holy Trinity Cathedral. We trust that you will take us in the direction of your choosing as we try to revitalize our parish and community. Help us keep our faith and be witnesses to you, knowing we are in your loving care, and you will provide all that we need. We ask this in the name of Jesus Christ. Amen.

All: The grace of our Lord, Jesus Christ, and the love of God,
and the fellowship of the Holy Spirit, be with us all ever more. Amen.