



## **What is Eucharist?**

*Eucharist is what we become when we are Christ to others.*

*He was angry  
rebellious  
not interested in learning.  
His eyes were sad  
and his spotty face  
showed little of the despair he felt.  
He hung around the classroom -  
where else was there to go?  
"How are you doing?" I said  
No response.  
"Are you OK?"  
"Who cares?"  
"I do" - he looked surprised \*  
I smiled and gave him EUCHARIST.*

*She tried her best  
But it just never seemed to work  
Her mum couldn't help -  
"Don't ask me", she said.  
Her dad had long since left.  
Every night she struggled on.  
Homework caused her grief  
Her book was always there  
and her eyes always hopeful.  
I took her aside  
"You've done well", I said  
She looked with disbelief  
"I mean it - a great effort!"  
Her eyes filled  
"I knew you could!"  
Our eyes met - here is EUCHARIST.*

*We do Eucharist  
in what we say, in how we say it,  
Sometimes we laugh it, sometimes we cry it,  
Sometimes it is sung or spoken.  
Sometimes it is seen in the eyes of another  
or in a hug or handshake.  
Eucharist is the one who listens, the one who notices  
It is as simple as being on time and as profound as deep sympathy.  
Eucharist is for everyone, by everyone and through everyone.  
Eucharist is food, encouragement, sustenance and healing.  
EUCHARIST IS LIFE!  
For whom have you been EUCHARIST today?*

by Anne Kennedy