

**Brian's Sermon Text for Sunday Worshiping at Brentwood  
Sunday, August 23, 2020**

**One Bread, One Body  
(Psalm 124 and 1 Corinthians 10:16-22)**



**Because there is one bread,  
we who are many are one body,  
for we all partake of the one bread.  
(1 Cor 10:17)**

**Word to Ponder = Bread**

**Congregational Wisdom = basics of life, nourish, leaven, gluten-free sourdough starter, sharing with family, Pender Island Bakery, no kneed bread, portable snack, sustenance, communion, humble, Jesus is the bread of life, fluffy wonderful French bread with butter, cheese, and coldcuts**

The way the sermon came together this week  
has been fascinating and surprising.  
It did not end up where I imagined it would  
when I chose the text a few months ago  
as I laid out our explorations of Paul's conversations with the Corinthians.

So, this morning we will speak of bread, hummingbirds, and feeders.

What will tie them together is nourishment.  
They will, I pray, provoke us to imagine new insights  
into the ways the Creator in Christ through the Spirit  
nourishes us to flourish  
in the grace of their forgiving and reconciling love.

So, let's see what kind of nutrition  
our triune God has baked up for us this morning.

Some anthropologists suggest that bread  
has been the staple food for humans  
around the world for over 30,000 years.  
In its most basic form, its flour and water,  
readily available most places on this earth.  
Grain or roots of some kind are ground into small particles,  
mixed with water, and baked over heat.  
Left as small particles, the flour can be easily blown away,  
virtually disappearing.  
Combined with water, made into dough, cooked with fire,  
it becomes the sustaining staple for a whole people.

This solid, sustaining staple is the image Paul uses  
for Jesus Christ and his people, the church.  
Together, they are the staple nourishment  
for this world to flourish.

Some of you know what a powerful symbol  
hummingbirds are for Jill and me.  
We were brought together 20 years ago.  
Our lives had seen their share of traumas and troubles.  
It was, has been, and is a healing time for both of us.  
On our very different journeys before we met,  
we had both been drawn to hummingbirds  
as signs of spiritual healing.  
The picture for the sermon this morning  
is a watercolour of Anna's hummingbirds  
done for us by a former student and dear friend  
who has been raised from his own deep traumas  
to a life of gentle and generous composure.

As I began to write about the feeder,  
a female hummingbird came and stayed much longer than most,  
drinking deeply several times,  
all the while staying alert to what was going on around her.  
The mixture recommended for the feeder  
is a cup of water, a ¼ cup of white sugar,  
and a capful of nectar defender,  
a micronutrient containing cooper sulfate  
that keeps the mixture safe from contamination.  
These spiritual healers on wings find it nourishing  
and are beginning to return often.

So, what's all of this got to do with the Corinthians, Paul, and us?

I think that Brentwood,  
like every other community of Christ's people  
with their processes for missioning together,  
is the feeder.

People with needs for and gifts of spiritual healing  
come to feed on their Creator's invigoration.  
They are anxious and alert as they seek nourishment for their souls.  
They can be frightened away easily by sudden or aggressive actions.  
But if, like Christ, we are calm in our welcome,  
curious in our conversations, and appreciative in our companionship,  
then people will participate in our missioning with us.

That's what I see the triune God doing through Paul in Corinth.  
That's what I think is happening at Brentwood.  
And I thank God for it and all of you.

## **My Notes**

## My Prayers



## Prayers of the People

Assure us that you hear our prayers, dear Lord,  
those we have spoken aloud  
and those that are still forming in our souls.

We pray for:

healing of the stress injuries we carry and care for;  
all those communities where food security is threatened;  
all those who are searching for the healing  
forgiveness and reconciling bring;  
this congregation and its efforts  
to nourish souls to flourish in your grace;  
all those other communities of your people  
where this missioning is approached  
in so many diverse ways;  
all those who are imagining and implanting new ways of being together  
as we learn tough lessons from this pandemic  
and other disasters that are happening.

And take us deeper this morning  
into the abundance of your nourishing  
revealed in your prayer as we sing it together: