

Thursday of Holy week Maundy Thursday 9th

The Last Supper celebrating the Passover.

In the Upper room Jesus shared bread with his friends for the last time, our communion, Mass, Eucharistic services are in memory of this.

Today we are reminded of the whole Easter story by hot cross buns: -
the bread is a symbol of Christ's body
the cross on the top reminds us of the cross
the spices are to remind us of all the spices that are used on a body before burial.

When you next see a hot cross bun remember you are looking at Christ's invitation to come to Him. Know that He loves you and He died for you.



All the disciples were invited to the last supper even Judas who was to betray Jesus and Jesus knew that. We too are invited to come to Jesus, he knows what is within our hearts, we cannot hide from him which means we can share our inner most worries and concerns. The wonderful thing is that he listens and understands and through that sharing we can find peace.

Pray and remember those who are struggling because of the situation they find themselves in. Those who are depressed, isolated, fearing for the future, mourning, or have other concerns. Give them a phone call to show that you care.

Lord though we fear what to say, help us to bring joy to those we speak to. Amen.

Rev'd Sarah Wyman