4“Celebrating Traditions: Changing the World” 3-minute reflection

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In our community, we break bread together twice a day. Once, at the Eucharistic table and again, at our evening meals together. In this tradition of breaking bread together, we are called to “see” and accept one another, and to forgive one another ‘from the heart’. This spirit of charity is carved into our lives because of our Foundress, Blessed Clelia Merloni who said the following about charity towards one another:

“…Remember my daughters that the living charity of Jesus Christ must embrace everyone without excluding anyone...”

By sitting next to one another at the Lord’s banquet and at our own kitchen tables- we come face to face with our own *hunger*. The hunger to be fed-both physically and spiritually; the hunger to be accepted by God and by one another. We face not only our own weaknesses and shortcomings, that compel us to seek forgiveness from God and from one another, but also those of our sister’s. And in pulling out the chair next to us so she can sit down, in pouring her a glass of water, or in scooting over in the pew to make room-we indeed make room for one another in our own hearts.

The choice to “show up” at the table-to risk seeing and being seen, prepares us to “behold” the individuals we will be graced to encounter each day in our wider communities. As Pope Francis says in *Fratelli Tutti*; “[Jesus] asks us not to decide who is close enough to be our neighbor, but rather that we ourselves become neighbors to all. Jesus asks us to be present to those in need of help, regardless of whether or not they belong to our social group.” And so we leave the confines of the convent to meet Christ in our various Apostolates: the new child in the classroom, the prisoner, the immigrant, the discerning woman… And with the help of God, together we say “Amen” to the body of Christ.