

Here in Exodus is the story of God's people released from slavery-under hard task masters- now freed and on their own! They had been free for about 6 weeks. Do you think they should be happy?

Like so many of us they aren't used to their new life and complain about it... "Why did you bring us out of Egypt only to die in the wilderness?" they complained to Moses and Aaron. Moses and Aaron said: your complaints are against God, not us- God is the one leading us- be careful! Perhaps Moses and Aaron looked around and saw that the people had eaten most of the lambs and goats and perhaps even chickens that they had taken with them and the sacks of flour they brought with them were now empty. So they and the people prayed to God for food.

God heard their prayers and promised and rained down bread from heaven. It came when the dew dried up in the morning. There on the surface of the wilderness was a fine flakey substance as fine as frost.

I can imagine them opening their tents flaps in the morning and thinking it was frost asking- what is it? Manna is the word for that question- and that is what these flakes were called thereafter. I can imagine them thinking: Is this a joke God? We have to gather our cereal flake by flake outside every morning! Quick get a jar- someone would say- we have to gather it before the sun gets hot and melts it! Remember don't take more than you need! Except the day before Sabbath.

So each person collected about a quart of flakes that God sent them in the morning, all providing for the ones in their tents, and in the evening flocks of quail would land and they could have meat in the evening meal. So God fed each one according to their needs. And the people learned to be satisfied by God's gifts, one day at a time.

Jesus also lived one day at a time- he traveled and relied on what was available- remember the boy with a few loaves and fishes and how Jesus blessed his offered lunch and when it was passed around there was enough for everybody. Remember the prayer Jesus taught his disciples- Give us **this day** our **daily** bread. One day at a time God will feed us and take care of our needs as we help each other. And Jesus says – we will recognize his presence with us, we will remember he is here with us when we take this communion bread and wine. That is when those early disciples recognized Jesus – in the blessing of the bread.

So we too, can be nourished one day at a time -

As we work one day at a time - one event at a time - serving God as we provide for those in our tent and reaching out to others who need some assistance.

Today is world-wide Communion- Christians all around the world are celebrating God's presence with us through Jesus together.

If we think of this world as our home and the circle is drawn wide in friendship we can see Jesus at the last supper with his friends.

We see him standing at the window of the upper room with a view of the street and land and the earth around him. We see him stretch out his arms and say: This is my body given for you. When you see this remember me.

I encourage you to look up at this stained glass hanging in the church. Look from top to bottom and side to side. The middle is lighter... at the sides I can see one hand each side.

I can see Jesus with arms stretched out loving the people and the world.

People of God,

We are not alone.

God is with us.

Jesus loves us.

Thanks be to God.

Let us pray for our needs and the needs of others

Loving God we are amazed at your creative kindness and guidance for the people who left Egypt and wandered the wilderness. We are thankful that you sent Jesus to show us how much you love us and the world. We humbly ask that you nourish us and guide us on our journeys through life.

We remember those who are in need in our community, those who are ill. Those who are in pain...

We lift up to you those whose homes are lost in floods and fires and earthquakes...

We pray that we, as earthlings, quickly learn to care better for our earth from which we ourselves are created.

We give you thanks that we can join with Christians around the world today who are also remembering you. May we together become a beacon of hope and justice in the world today.

We pray in Jesus' name. Amen.