

**March 22 Wednesday Evening Lenten Series: *Inwardly Digest* Book Discussion
Eucharist (Chapters 8 & 9)**

Conclusion on the Eucharist

The Eucharist is the main event in the liturgical life. This is the moment when the local worshipping community embodies and enacts the Body of Christ more fully, more completely, than any other time in its life together. The Eucharist is the sacrificial meal of reconciliation, Christ's own great self-offering to the Father. In the proclamation of the Gospel and in the meal at the altar, we are invited to take in Jesus through all our senses and to be converted—spiritually, emotionally, physically—into the God who calls us to be reconciled to himself and to the whole creation. As we are reconciled, we experience the corporate dimension of this sacramental reality when we truly reconcile with those around us and extend that reconciliation to those who have not heard its Good News.

(Olsen, Derek. *Inwardly Digest: The Prayer Book as Guide to a Spiritual Life*. United States, Forward Movement, 2016.)

Discussion questions

- What did you think of *eucharist* before reading?
- What surprised or challenged you in the reading?
- Where did you encounter God/divinity in this week's topic?
- What are you going to take with you (practices, beliefs, knowledge, etc.) from this week?
- What are you interested in learning more about?

Time: Wednesdays in March, 6:00-7:30 p.m.

Location: Fireside Room in St. James Cathedral

Contact: Deacon Jessica Harmon, jharmon@stjamesfresno.org

Resources: <https://jlharmon.com/bcp>

Week	Topic	Chapters to be discussed
March 29	The Church is the Body of Christ	10, and anything else we want to discuss