

## Day of Communion

According to Thomas Berry and others “**communion**” is one of the three principles that govern the universe. The other two are “**differentiation**” (diversity) and “**interiority**” (subjectivity). Briefly, the three principles of the Universe are:

**Differentiation** – We are all different; we have our own distinctive gifts. We live in a universe that is expanding. This expansion is into diversity. From the shaping of the hydrogen atom to the first bacterium, from life in the ocean to our early ancestors who stood up in the plains life has been expanding into a greater complexity of being.

**Interiority** – Everything that exists has an interior reality. We have each received the desire and capacity to experience mystery. We are called to give expression to this mystery through the voice within, the inner summons. How does a papaya seed know its potential as a large papaya plant? It is because of the cosmic principle of interiority. Interiority is an effort at naming the ability of each being to become itself. I will write my law within their hearts says God in Heb.10:16.

**Communion** – Together we are all bonded into a pattern of relationship. Nothing is completely itself without everything else. We need one another. We belong in communion. We need the human touch of love, the shoulder to cry on, a listening ear, the word of encouragement but we also need the feel of the earth beneath our feet, the gentle brush of the breeze, the warmth of sunshine on our face, water for life, water to soothe and refresh, nourishing food of the earth for our bodies, stillness, moonlight, autumn time and spring time, death and new life... We belong within the web of life, a part of - not apart from. We belong in communion. *Based on Reflections by Thomas Berry and Brian Swimme, Mary Teresa McCormack., Talk Given at the Contemplative Assembly, Quito, Ecuador 2014.*

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One of the requests from Leadership to the Mission Working Team is:

***Identify ways to deepen our understanding of and living the spirituality underlying our mission of active nonviolence.***

One of the actions that we chose to fulfill this request is:

***To revisit and take a long loving look at our practice of recognizing a Day of Communion.***

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### **For your reflection:**

***Why do we celebrate a day of communion each month?***

How does that deepen our understanding of and living the spirituality of our mission of active nonviolence?

After your reflection, share your thoughts and/or questions with at least one other person.

We encourage you to send the fruit of your reflection and conversation to the mission working team. It will help us in moving forward. Email to [mazeimen@gmail.com](mailto:mazeimen@gmail.com) or send to Mission Working Team at 5309 S Neva Ave, Chicago, IL 60638. Try to return before or by January 6, 2018.