

SPIRITUAL TASK—DO THIS IN REMEMBRANCE OF ME (Luke 22)

by the Rev. David Roth at the New Church of Boulder Valley

Story The Lord sent his disciples to prepare a furnished upper room so they could share the passover meal together. It was at this last supper that He instituted the Holy Supper—the sharing of bread and wine. He said, “Do this in remembrance of Me.”

Meaning The Lord asks us to participate in two sacraments as His followers - baptism and the holy supper. They are said to be two universal gates by which we enter in spiritual life. Baptism signifies entrance into the church, and holy supper signifies entrance into heaven. The meaning of baptism is that we ought to wash ourselves spiritually of evils and falsities. The meaning of holy supper is that we must, throughout our life, take into us and make part of us the Lord’s love or goodness and wisdom or truth. These are the spiritual nourishment that will sustain us.

Task This week in preparation for Easter, begin a new diet. A diet of only what is healthy and nutritious for your mind and spirit. Find ways to quench your thirst with true ideas, and to fill yourself with good things—things that are useful and contribute to the betterment of you and those around you.