

**Seek Peace and Pursue It - Reflections for Lent 2018**  
**Week 7 – 1<sup>st</sup> April**  
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**Face to face conversations**

Conversation and cake – it seems to work every time. Whatever the event in our lives, be it happy or sad, easy or difficult, it seems that having a cup of tea or coffee and sharing some cake opens the way for talking and listening together and bringing peace where there may be grief. Sharing food around a table at the Alpha course I attended broke the ice and allowed conversations to flow among those who had been relative strangers. It became less difficult to speak about faith and beliefs and express our views.

In 2010 I was fortunate to be in Libya having been invited to the wedding of the daughter of my friend. We became friends when she was studying in England. I count her as one of my dearest friends although we have different faiths and backgrounds and are unable to meet face to face at the moment. One morning I was fortunate to share breakfast with her and several of her friends. Just we women sat on the floor around the trays of delicious food and although I do not speak Arabic and only my friend and I spoke English, we were able to share in quite deep conversation, through her interpretation. I was very moved by the things they told me about their lives and the questions they asked me about mine. My strongest thought was, 'If only they could know Jesus and know how he values them and the peace he could bring to their lives.' I hold them in my prayers.

In the painting we see two disciples who had invited Jesus into their home in Emmaus, to share supper with them. They wanted to continue their conversation begun on their journey home. They offered him hospitality. Their eyes were opened when he blessed and broke the bread. Jesus can bring peace into difficult situations when we invite him in.



The supper at Emmaus by Roy de Maistre

**To ponder:**

- Is there someone with whom you need to share cake and conversation, to bring peace between you both?
- Consider which situation needs your prayers for peace.
- Who may need you to listen to them, to help them find a peaceful solution to a problem?

**Prayer:** *Risen Lord Jesus, open my eyes so that I may see you in those I meet, whether strangers or friends. May I be an instrument of peace, sharing your love.*

**Hymn: Singing the Faith 297** Christ is alive! Let Christians sing. v.5 *'...till earth and sky and ocean ring with joy, with justice, love, and praise.'*

**Bible link: Luke 24: 31-32.** *'When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them.'*