



STUDY GUIDE GEEZ 68: BREAD AND WINE

These study guides are created for use in community – in the classroom, in book groups, with your faith circle – or for quiet reflection on your own. You can find pdf study guide from previous issues at geezmagazine.org/resources/study-guides.

PART 1 BREAK

DISCUSSION QUESTIONS

1. In the interview with Jim Callan, an ex-diocesan Catholic priest, he talks about his transformative realization that Communion means something different for each person. What does Communion mean to you? Share a story of a memorable time you received Communion.
2. A Communion liturgy often includes these words of Jesus: “This is my body, broken for you.” Within the issue, we hear multiple perspectives that either embrace these words or resist them. Do you resonate with these words? What can be gained from naming our bodies as broken? What can be gained from naming them as whole?

ACTIVITIES

1. In “You Will Not Remain Intact,” Nichola Torbett and Lynice Pinkard get vulnerable with us, naming ways that they attempt to appear whole and intact as a way of hiding their brokenness. Spend some time journaling honestly about the ways that you do this in your daily life.
2. Gather flour, yeast, salt, sugar, egg, and water. Follow Tim Cruickshank’s liturgical recipe as you bake bread and give thanks for the stories passed down through our hands.

PART 2 EAT

DISCUSSION QUESTIONS

1. In “The Secret Life of Yeast,” Liuan Huska tells a story of the tiny creatures that make up the bread we eat and the wine we drink. How might you eat (or take Communion) differently if you thought of these elements as living organisms?
2. The issue begins with Marijean Elizabeth Wegert’s daughter throwing up her Eucharist all over the church pews. For many of us, this image resonates after a lifetime of having Communion used as a weapon of exclusion. What stories do you hold around institutional church and Communion that have left continued traces of pain?

ACTIVITIES

1. Juniper LaNunziata writes about the sound of bread breaking. Find some very delicious, crusty bread. Create space for quiet. Breathe deep. And give yourself to a mindfulness meditation as you listen deeply to the sounds of bread in your hands.
2. Write a love letter to the fermented presences in your life.

PART 3 SHARE

DISCUSSION QUESTIONS

1. Katerina Gea, the Wild Church pastor, writes about the ways that the Eucharistic ritual can help us remember our interconnectedness with the whole web of life. Have you had experiences of Communion, or the eating of bread, that help you feel connected to the more-than-human world around you?
2. What role do shared meals or shared cooking play in your life?

ACTIVITIES

1. Connect with a local Catholic Worker or soup kitchen. Break bread together. Ask questions. Stay late to do the dishes.
2. Gather a circle of beloveds, bring bread and wine, and try out one of the liturgies in these pages (The Table is Ready . . . Come and Be Fed by Kerr Mesner, The Manna Way by Solveig Nilsen-Goodin, or The First Supper by Claire K. McKeever-Burgett).
3. Go outside and wander in search of wild edibles. Gather what you find (garlic mustard, asparagus, young spinach). Share the harvest.