Hello everyone,  
        Our reading this week is Luke’s account of the Transfiguration in Luke 9:28-36. The 3rd verse of our hymn, ”Break thou the Bread of Life “ asks that the Lord may touch our eyes and make us see.   
       It is at the Mountain of Transfiguration that the eyes of the three disciples are opened and they see the glory of the Lord in all his splendour. With the appearance of Moses and Elijah, they also see that Jesus is the fulfilment of the prophetic Word of God, and that fulfilment will ultimately take place at Calvary and subsequently in the Resurrection.  
        It’s at this moment of discovery and enlightenment that Peter seems to make a big mistake in wanting three shelters to be erected, for Moses, Elijah and for Jesus, to somehow preserve the moment.  The comment from Luke is that he doesn’t know what he’s saying. It may well be some reference to the Festival of Booths (or Tabernacles), a reminder of the Israelites in the desert, but I’m not sure.  
           What it does is to serve as a warning to all of us. From time to time, we are caught up in a Moment of Transcendence when the glory of God becomes very real for us. It may be in church, but it may not. Whatever the case and however it happens, it is a moment, perhaps fleeting, and we can’t manufacture it or force it or even hold on to it. We must simply acknowledge it and move on, strengthened and encouraged by the experience.  
             Holy Habits mustn’t become Holy Habituals, ends in themselves, institutionalised. We mustn’t end up Breaking Bread for the sake of it, otherwise it loses all meaning.  
              Let us, rather, be thankful for those special moments when they come and allow them to be way-markers on the journey of faith, encouraging us in the hurly burly of life, so that our eyes may be opened to the presence of Jesus, not only on the mountain but also in the valley of pain and tears.  
  
                   God bless,  
                           Graham

*Produced by Graham Wassell on behalf of the Bents Green Holy Habits Planning Group (Debs Barnett, Glenn Evans, Martyn Read, Graham Wassell, Daphne and John Wilkins).  You can find more information on the Circuit Holy Habits Programme on the Sheffield Methodist Circuit website and also the Sheffield Methodist Circuit Facebook page.*