

AN OLD RECIPE

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Walking along the shelves of our supermarket I see many packages labelled 'porridge'. Sachets in some promising porridge in 90 seconds. All sorts of combinations of fruit and nuts therein for our health. The ad says a little milk or water and you have your breakfast. So easy!

I am reminded of the old comment I heard a long time ago from a Scot who said of all these combinations – THAT'S NOT PORRIDGE! Most of us from similar stock would agree. The old recipe, oats soaked overnight in a saucepan with water added, not to forget a pinch of salt! Stirred and cooked slowly in the morning. The old tradition, passed down from a long time ago.

Our Christian Faith is founded in tradition going right back to the beginning. The Good News

proclaimed in Jesus Christ, who lived and died and rose again, our saviour and Lord. Again and again, Paul reminded the Church of this, "Now I would remind you, of the Good News that I proclaimed to you, which you in turn received, in which also you stand, through which you also are being saved, if you hold firmly to the message I proclaimed to you – unless you have come to believe in vain" (1 Corinthians 15: 1, 2)

Our Faith is born of experience of a living Saviour. Paul met him on the Damascus Road, martyrs and saints of every generation have witnessed, suffered, died and been raised to new life, according to this tried and tested recipe. Sinners have been born again. Every Sunday we proclaim this living tradition, Good News for all, in gospel, word and songs of praise.

Reflection:

Never clearer is this truth than when around the Lord's table we hear these words of Paul. Read them again. 1 Corinthians 11: 23–26. Especially focus on. "Do this in remembrance of me" A wonderful tradition to celebrate! New every morning, every day.