**The Sacrament**

Astonished, troubled, sorrowed

Kneeling alone to pray,

Praying, pleading, bleeding ---

A heavy price to pay

Quiet, reverent, listening

To words of humble prayer

Thinking, learning, yearning

To understand what happened there.

Loving, willing, yielding

The Father's will be done

Swallowed, united, holy ---

God's only begotten son.

Quiet, reverent, listening;

A priest now bows his head

Praying, pleading, blessing

A broken piece of bread.

Slowly, partaking, pondering

The price he paid for me;

Weeping, joyful, thankful ---

Forever I will be.