



Food for Body and Soul

There seems to be much anxiety these days surrounding food, even in societies where food is plentiful and starvation is rare. There are food scares...salmonella, listeria...and the usual concerns about fat, cholesterol and sodium. Medical conditions such as anorexia nervosa and bulimia affect thousands of people. Food, essential for life and meant to be enjoyed, becomes instead a threat, something causing discomfort, even sickness. Where food is scarce, finding enough to eat becomes a great responsibility.

In the Scriptures, food is mentioned quite often. In the Garden of Eden, food symbolized wisdom and temptation. In the desert, it symbolized God's care for His people. The Passover meal was a commemoration of rescue from slavery. In the New Testament, Jesus is frequently shown eating. Having a meal with Martha and Mary shows Jesus relaxing with friends. Eating with Zacchaeus, Jesus shows His regard for people often overlooked. His dining with tax collectors and sinners is a statement of who the Son of Man came to save. In the miracles of the loaves and fish, food is a sign of blessing and abundance

Jesus brings together much of the symbolism associated with food. As in the desert of old, food represents God's provision for people. Food represents deliverance, and Jesus' concern for those often overlooked by others. Food also points to those the Son of Man came to save. In the taking of the bread, the blessing, breaking and distributing, food points to the sacrifice of Christ, and His presence in the Eucharist.

Let us remember then that when anxious about food, when hungry, when in any kind of need, we can think about the Lord and how He provides, and that we in turn, are to provide the same for others in His name.

Father David