

PASTOR'S COLUMN—MARCH 14, 2016

Dear Parishioners:

One of the major challenges for many people is overeating. Portion control is a concern for many because it is so easy to over-order at restaurants and in our snack culture, we can easily overeat at home. Food is accessible just about everywhere and overeating follows all this food around.

To use a pun we might say that there is only a “fat chance” that we’ll stop overeating. However, we don’t have to despair because oneness with Jesus brings us portion control and breaks our overeating tendencies. That’s how all-consuming Holy Communion is with Jesus. Pick any food that we might want to overeat and our faith in Jesus’ oneness frees us from overeating. We can eat our favorite foods, but in Jesus we eat differently because Jesus is filling us with a balanced perspective about our caloric intake. Jesus’ calories are energy in the Holy Spirit that fills us with wisdom about how much food is enough without overdoing it.

Our faith in Jesus’ oneness with us is strengthened at weekly Eucharist in our Holy Communion with Jesus. The end result is that we view food less urgently and with less compulsiveness to overeat. We catch on that Holy Communion with Jesus affects every aspect of our lives including how we eat. Overeating and portion control no longer consumes us because in faith we are consumed by Christ Jesus.

In Christ’s Energy,

Fr. Terry