

PASTOR'S COLUMN—MARCH 24, 2014

Dear Parishioners:

There is conclusive nutritional evidence that eating breakfast every day is one of the healthiest things we can do. Breakfast gets our energy “furnace” stoked up for optimal use throughout the day. And it helps us burn the maximum number of calories to maintain a more steady weight. Pretty amazing what one early meal can do for our whole day. In “Breaking” the overnight “Fast” we get early in the day strength to set the energy “tone” for the rest of the day.

As important as breakfast is, the most important energy provider is the Holy Spirit. The zeal for life that the divine presence brings us at the “cereal bowl” cannot be measured in calories. The Holy Spirit enlivens us to view breakfast as an extension of Jesus’ resurrection charcoal fish breakfast that his disciples participate in and in the process recognize the risen Christ Jesus. Jesus risen from the dead fills us with joy and hope and becomes the eternal “break-fast” food from heaven. Sin and death are “broken fast” in the risen Christ and thus, we have the eternal life energy of the risen Christ in us. Jesus’ risen life transforms our cereal and eggs etc. into daily meals of eternal life already in our midst. Talk about energizing!

Loving you in Christ’s risen energy,

Fr. Terry