

PASTOR'S COLUMN—JUNE 30, 2014

Dear Parishioners:

There are people who count their caloric intake daily. They want to know how much food they are consuming each day because they are concerned about overeating. This is a commendable endeavor since people do tend to overeat in our country.

There is something to fasting every day of the year! What, you say!?! A year round Lent/Fast? Well, kind of. To fast from overeating every day is a healthy fast for our bodies and our spiritual lives. To avoid overeating, we need to eat slower and more reflectively and listen to our stomach area as we chew/swallow food. And when we just start to feel full, that is the time to stop eating any further. It might feel like we have room in our stomachs for more food, but if we proceed eating more, overeating results.

Spiritually, when we reach that first full feeling in our tummies, this is the time to call on Jesus in prayer to help us stop eating now. Any stomach longing for overeating food is replaced by Jesus' Holy Communion presence in our tummies. A mustard seed of faith in Christ Jesus can do wonders for us keeping a more balanced food intake every day of our lives. Then we can stop counting calories as we more faithfully "count" on Jesus.

In Christ's Balance,

Fr. Terry