

PASTOR'S COLUMN—DECEMBER 16, 2012

Dear Parishioners:

With Christmas in our midst, the party season is abundant with goodies to chew upon to the point of caloric overfill. Articles are written in newspapers telling us not to over-indulge because the extra pounds will pile up. Then there is the New Year's resolution to lose the extra pounds.

We can break this "inevitable" weight gain this time of year. We can if we indulge more in Jesus and less in what's on the food table. Jesus is the food (bread of life) that fills us with a more balance perspective on party food. Savoring Christmas cookies and nut-roll along with rum balls and fudge are fine to eat as long as we let Jesus put the limit on how many calories we digest. Jesus is our inner calorie counter and in the Holy Spirit we are nudged to admit that we do not have to stuff ourselves at Christmas/New Year's gatherings. After all, Jesus fills us with eternal love and this is the best "food" of the Christmas season.

Loving you in Christ,

Fr. Terry