

Food. Everywhere we look we see advertisements and signs for food. Food is a basic necessity for living. It is quite a challenge to consistently eat nourishing food, body-friendly food, a variety of colorful foods.

The food we eat not only affects our bodies, but also our spirits. When truly hungry and we eat to satisfy our hunger, we feel enlivened, refreshed and renewed. Our spirits perk up. We have new energy and vitality.

In today's Gospel Jesus speaks about food....food for our souls. He boldly states: "Whoever eats this bread will live forever."

This is an incredible teaching and proclamation. Jesus can't prove it is true. He can't appeal to peoples' sense of logic to convince them. He can't point to anyone for whom this has occurred. What Jesus announces is a statement of faith. The best we can do is to accept it on its merits, coming from Jesus, the one in whom we place our trust. We receive and accept the word of Jesus as true. He does not deceive us; he does not lie to us; he does not offer us something false. Jesus speaks words of life, truth, and assurance.

My sisters and brothers, this week pay attention to our pleasurable and satisfying experiences eating food. Always thank God for the food we eat. And at the same time, receive, trust and believe with our hearts, minds and souls, the promise of Jesus in our Gospel: "Whoever eats this bread (the Eucharist) will live forever."