

Once upon a time there lived one known as Popeye. He had a most unusual secret. When Popeye ate spinach he was strengthened.

Today's 1st Reading and Gospel speak about food that strengthens us.

In the 1st Reading Elijah eats a hearth cake and drinks from a jug of water. We hear how he was "strengthened by that food." Thus Elijah was able to do what the angel of the Lord had asked him.

In the Gospel Jesus says: "I am the bread that came down from heaven.....I am the bread of life...I am the living bread. Whoever eats this bread will live forever." These are powerful words of faith by the One in whom we place our trust.

We come together each week to be fed and nourished by the word of God, by the Eucharist, and by our Community. In so doing we are strengthened with spiritual food for the week.

In addition to spiritual food we are nourished in a variety of ways.

For some it may be friendship, companionship, or getting together.

For others it may be flowers, plants or gardens.

For still others it may be music, beauty or singing.

God gives us abundance so that all may be fed.

Other kinds of nourishment include cooking, baking or sharing favorite recipes.

fishing, golfing or playing cards

knitting, sewing or crocheting.

There is so much that can feed us, nourish us and strengthen us.

My sisters and brothers, this week take notice of what feeds us. God blesses us with food from heaven as well as food from earth and food from relationship with one another. Popeye had only spinach to strengthen him. We are given so much more from our loving God. Let's be alert to the abundance of foods of which we partake each day.