



HOLY FAMILY  
PARISH

## PARISH NURSE MINISTRY NEWSLETTER

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# How to eat like a Catholic

*The Parable of the Wedding Feast: Mt. 22:1-14...*

*"...For many are called, but few are chosen."*

**H**ealthy food habits aren't just good for the body: They renew the family, protect God's creation, and invigorate the soul. Throughout history, the Church has been at the forefront of "food movements." Monks began brewing beer; Religious Orders all over Europe made wine, cheese, bread and other products. This tradition continues in communities today in Religious communities that farm the land, roast coffee beans, raise animals, and sell gourmet food items. In fact Catholics are the perfect people to champion the rebirth of a culinary culture. Here are five good reasons you should join the effort:

- ◆ Preparing and sharing a meal is one of the most intimate things we can do with other people. We give and receive love across the table. It is a place for conversation, family sharing, building relationships, giving thanks, and replenishing our energy. Sitting at the dinner table together is one of the most important things a family can do. Try [gracebeforemeals.com](http://gracebeforemeals.com) which encourages families to sit down for home-cooked food.
- ◆ We're called to treat our bodies as temples of the Holy Spirit. The Holy Spirit dwells within us: we are truly houses of God. Our bodies and minds need the right fuel to function at optimal levels - and that begins with knowing what we are putting into our mouths. If we are temples of the Holy Spirit, we owe it to ourselves, to God, and to others, to feed ourselves real wholesome food.
- ◆ We are charged with being good stewards of the earth. We need to be stewards who support efforts to replenish and sustain our environment. Issues like animal welfare, recycling, cleaning up waterways, and finding alternate energy sources are important. Catholics need to educate themselves and get involved in finding solutions. Eat in season. The majority of Americans eat foods shipped thousands of miles away that use a lot of fossil fuels and a lot of time in transit. We are able to get strawberries or tomatoes all through the year from long distances, unless we freeze or can foods that we get from our gardens or farmer's markets. When you eat according to the seasons, you lower your carbon footprint and enjoy fresher, tastier food and fewer foods preserved with chemicals and artificial substances that may be harmful to you or your family's body. Educate yourself. Start reading labels, find out where your food comes from, and get informed about food issues.
- ◆ Food is a key to renewing culture. When you sit down as a family for dinner, when you keep the food traditions of your heritage alive, when you support the small farms in your region – all of this renews the culture. Make the family dinnertime sacred. It doesn't need to be elaborate, but it does need to be nourishing and together. Culture is built on core virtues and principles. Prayer before and after meals, patience, civility, manners, good conversation, kindness, tradition, and moderation are all learned around the table.
- ◆ God intended us to enjoy food. Some argue that food is simply for physical nourishment. Food nourishes more than our bodies: It feeds our hearts and minds, and senses. It puts us in touch with our own mortality and reminds us of our dependence on God and on each other. It connects us to the natural world and to the rhythms and cycles of a good life that ground us in who we are as human beings.

For Catholics, food is at the center of a good life. What and how we eat will change us and the world we live in – for better or worse.

*May you have a Blessed and Healthy Thanksgiving Bon Appétit!*

*Our wishes to you from: Your Holy Family Parish Nurses.*

For questions call 330-688-6412 ext. 462.