

Jesus said to them, "I am the bread of life.  
Whoever comes to me will never be hungry,  
and whoever believes in me will never be thirsty."

— John 6:35



We are fed spiritual food each and every time we participate in the Eucharist, communing with our Christ, who is in the world but not of the world. It is here, when we fully give over to something other—other than our own desires and wills—that we can ascend on the steps our Christ has placed before us with faith, hope and love on the way to the eternal Truth. It is here, when we fully ascend into the mystery of Christ, stepping out toward the altar, hands outstretched toward our Christ, that we experience the life-giving joy of ascending at each Eucharist.

First we must know why we are there, what we are eating and where it is truly coming from. The world feeds us—or our Christ feeds us. You might say we are what we eat. It is also important to know where our food comes from—who the farmers are that grow and harvest for us—and for us to care about how our food is grown. Participating in local farmers' markets creates a sense of community, while caring for the land. Organic and biodynamic practices of gardening and farming provide hope for the earth to be healed. As Wendell Berry writes in his poem "The Farm," "Be thankful and repay growth with good work and care. Work done in gratitude, kindly, and well, is prayer."

Lord, hear our prayer.

— **Michael Trent Thompson**