News
EarthBeat



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by Brenna Davis

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March 26, 2020

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PAUSE

REFLECT

> "There is nowhere to go. What you are looking for is right here. Open the fist clenched in wanting and see what you already hold in your hand."

***The Call*, Oriah Mountain Dreamer**

> As evening approached, the disciples came to him and said, "This is a remote place, and it's already getting late. Send the crowds away, so they can go to the villages and buy themselves some food."
>
> Jesus replied, "They do not need to go away. You give them something to eat."
>
> "We have here only five loaves of bread and two fish," they answered.
>
> "Bring them here to me," he said. And he directed the people to sit down on the grass. Taking the five loaves and the two fish and looking up to heaven, he gave thanks and broke the loaves. Then he gave them to the disciples, and the disciples gave them to the people. They all ate and were satisfied, and the disciples picked up twelve basketfuls of broken pieces that were left over.

Matthew 14:15-20

In times of uncertainty, we often worry that we lack what we need to sustain ourselves physically and spiritually. News stories of stores empty of hand sanitizer and toilet paper alarm us and then scarcity tugs at the back of our minds, "Is there really enough for everyone? Should I be stocking up, taking more?"

The gospel assures us that when we use what we already have, share it and lean on our community, everyone is satisfied and there is an abundance left over. How is God inviting you to trust in abundance in your own life today or in the weeks ahead?

PRAY, FAST, and GIVE

Pray for the grace to see "what you already hold in your hand" to sustain yourself physically and spiritually in these times.

What abundance of gifts or talents do you have that you can tap into to support yourself or others during this time?

People often say, "I have nothing to eat" even when there is food in their pantry. What physical items do you have in your kitchen, possibly items you've been ignoring, that can be used to "eat and be satisfied" and reduce the number of trips you need to make to the grocery store?

Use Save the Food Recipes to plan meals using scraps or food items that are on the edge of spoiling to turn scarcity into abundance.

Lenten Daily Food Reflections

pause | reflect | act

Editor's note: *These daily reflections on food, faith, climate and our lives will provide spiritual sustenance for the Lenten journey. They are inspired by the Lenten Food Waste Fast at the Ignatian Solidarity Network.*

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This story appears in the **Lenten Daily Food Reflections** feature series. View the full series.