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PAUSE

REFLECT

> On the night he was handed over,
>
> took bread, and, after he had given thanks,
>
> broke it and said, "This is my body that is for you.
>
> Do this in remembrance of me."

1 Corinthians 11: 23-24

> "[Jesus] was completely present to everyone and to everything, and in this way he showed us the way to overcome that unhealthy anxiety which makes us superficial, aggressive and compulsive consumers.
>
> One expression of this attitude is when we stop and give thanks to God before and after meals. I ask all believers to return to this beautiful and meaningful custom. That moment of blessing, however brief, reminds us of our dependence on God for life; it strengthens our feeling of gratitude for the gifts of creation; it acknowledges those who by their labours provide us with these goods; and it reaffirms our solidarity with those in greatest need."

"*Laudato Si*', *o*n Care for Our Common Home" 226-227

The word eucharist comes from the Greek word "eucharisteo" which means "to give thanks." As we celebrate the Last Supper on Holy Thursday, may we express thanksgiving for this holy meal that we experience at mass and each time we break bread with others.

PRAY

Pray in thanksgiving before AND after meals today. Use tips from the Lenten Food Waste Fast for additional ideas to cultivate gratitude and mindfulness around meals today.

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.