

This page will offer monthly visitation reflections on soul-stirring encounters evoked by the author's everyday life experiences and invite readers to contemplate their own related experiences.

Food for Thought

*We depend upon other creatures and survive by their deaths.
To live, we must daily break the body and shed the blood of creation.
When we do this knowingly, lovingly, skillfully, reverently, it is a sacrament; when we do it ignorantly, greedily, clumsily, destructively, it is a desecration.
In such desecration, we condemn ourselves to spiritual and moral loneliness, and others to want.*
- Wendell Berry

In a recent meeting, I was struck by a sister's reflection on food. She said the sustainable renovation of the IHM Motherhouse and the creation of prairies are *outside* of us--we live in them or look at them. It may be easier for us to change our homes and meadows than change the way we eat or look at food. Food is part of us. We take it into our bodies. It is complex and affects people differently.



Food affects our moods, our weight, our energy and our life-force given to the world.

As Rudolf Steiner says, "Food is more than a collection of vitamins and minerals; food is a potential carrier for forces that build up our thinking, feeling and willing."

We all have a history with food. We were raised on food and on particular meals. We have developed sensibilities--likes, dislikes, allergies, associations. We gather around food for family gatherings, funerals, weddings, intimate moments and holidays.

We create rituals and blessings around food. In the movie *The Last of the Mohicans*, Native American hunters give homage to the elk they just killed for their food saying, "We're sorry to kill you, brother. We do honor to your courage and speed and strength."

Many, if not all, cultures honor food.

Unlike other living beings, humans have the ability to reflect on our history and relationship with food.

What are your memories of food?

- What memories are you creating today for you and your family around food?
- What meaning does food have for you?

- How do you view food?

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Contact Us

If there is anything you'd like to share with us, e-mail visitation@ihmsisters.org.