

The Spirituality and Ethics of Eating

We need to stop being against the corporation mentality and focus on where we are – in our local places with their politics and their economies.

In his book “Food for Life” Shannon Jung reminds us how we must start with ourselves if we want to have influence on the rest of the world. In the Church one of the natural places to start is with food.

In our daily routine he suggests the following three core practices:

“Pray carefully in church and at home. Say grace before meals thoughtfully in a way that recognized the specifics of the meal and what is going on in your life... It helps us not only be aware of this blessing, it also put us in relationship with God. It helps us to recognize we live in grace.”

“Find a way of sharing food with others, especially others who cannot share in return. Do this for yourself, for Christ’s sake! Examples: volunteering regularly at a soup kitchen / food pantry, help at a shelter for the homeless ... Get to know individual people. Or prepare the meal yourself.”

Know where your food comes from. Eat as locally as possible ... Seek to discover where God is active in your local food supply system. Where does food waste go? All of this can bring great joy and be a spiritual blessing as you expect to find God at work here. “You may not be far from worship at this point!”

(Quotes from Shannon Jung’s book *Food for Life*¹)

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¹ Jung, L. Shannon. 2004 *Food for Life. The Spirituality and Ethics of Eating.* Augsburg Fortress. Minneapolis MN.