



Eucharistic Living

The Peacemeal points us towards 'eucharistic living': a life that is filled with thankfulness and gratitude for all the rich gifts that meet our daily needs and enrich our lives – recognising God within them.

Try to nurture a spirit of appreciation and joy for even the most simple things. Food is both central, yet also a symbol, of this diversity of blessing. It is so easy to take things for granted, expecting them as our right and to be indignant if they are not there. Celebrate the richness of the ordinary and the mundane, anticipate connecting with the spiritual within it, make food a constant reminder of your commitment to 'eucharistic living'.

A meditation before the meal

Use your meal as a meditation in mindfulness. Before you eat, as you look at the food before you, take a few minutes of reflection.

Think of the source of the food, from its roots in the earth and the influence of the other elements: rain, wind and sun.

Think of the many hands that brought it to your table. Think of the satisfying beauty of the taste and the skills in preparing it for you.

Think of the many who would love to share a meal like this but are unable to do so.

Think of Jesus' words when speaking of food – "This is my body" – what do you think he meant?