

Q&A

"Fr. Alex, why should we pray when we eat?"

This is a good question, and maybe something we take for granted and don't think about too often. There are several reasons we pray at meals—for one thing, remember that this was a practice that Jesus observed; think about the Last Supper, and how He prayed: “And as they were eating, Jesus took bread, blessed and broke it, and gave it to the disciples and said, ‘Take, eat; this is My body’” (Mat. 26:26). Another reason is simply that whenever we eat, we are receiving something special from God, and it makes sense to thank Him for it. If your friend gives you half her candy bar, you'd say “thank you,” right? If you do this for your friend, it certainly makes sense to thank God. In fact, not only food, but everything in our lives is something we can thank God for—all things come from Him ... every breath of fresh air, every blooming flower, every smile, and every precious piece of fruit that gives you and me nourishment. Finally, meal times are one of the few times of the day that we actually slow down, have a chance to sit with our parents, brothers and sisters and enjoy one another. Around the table, we have a chance to think, reflect, reconnect and just have some quiet time as a family. This is a perfect time not only to thank God for the good food we are about to eat, but to take a look around the table and be thankful for everyone there.

And remember, though mealtimes are a very important time to pray, *we should always make time to pray and give thanks*. Finally, what's the biggest, most important meal we should be thankful for? Holy Communion every Sunday!

As always, thanks to everyone for the great questions, and never hesitate to email, call or come see me with more!

With lots of love to your family,

Fr. Alex