

# Brother Steward

## Fast-Food and Spiritual Nourishment

*Back in the Dark Ages, a “happy meal” was a piece of bread and a ladle of soup for the starving poor. We monks gave what we could and then worked on our own Spiritual Nourishment.*



*Today, during Lent we feed the soul by saying, “No” to worldly stuff and addictions. And “Yes” to receiving the Eucharist. This discipline helps us strengthen our resolve to follow Jesus’ journey through his passion, resurrection and our redemption.*

*During Lent we also feed the body through “Good Works.” For example, we could take Happy Meals to a needy family or to our hungry and homeless; donate an extra dollar to our offertory collections in support of our ministries; visit the sick; or, call on the lonely.*

*Lent is a time for positive action and good stewardship. We should use our time in prayer, our talents in service, and our treasure in support and nourishment of our parish community. Remember, Matthew 4: 1-11: “Man does not live by bread alone.”*

*God Bless.*

