*Reprint permission is granted for local congregational use.Just copy and paste into your newsletter! Please include the copyright notice. Other uses please inquire: rblezard@lss-elca.org.*

April 2018

***Thank God for our food***

*God said [to Adam and Eve], ‘See, I have given you every plant yielding seed that is upon the face of all the earth, and every tree with seed in its fruit; you shall have them for food.***-Genesis 1:29**

There’s an old joke about the first-grade teacher who asks her class, “Where do apples come from?” Little Jenny speaks up: “From the supermarket!”

We laugh, but the sad truth is that many of us are so far removed from farms that we forget that our food -- every bite -- comes from life, life that God alone created. Yes, farmers sow seeds and care for the plants and trees, but it’s God’s miracle of life that makes them grow.

As stewards and disciples, we desire to cultivate in ourselves and our communities a deep appreciation for all God provides us, particularly what we need to live. With every mouthful at every meal we thank God for our daily bread, and for the soil, air and water that sustains life.

Easter and springtime are perfect occasions to celebrate God’s miracle of life that gives us fruit, vegetables, grains, meat, fish and dairy foods. Here are some ideas:

* In saying mealtime grace, thank God not only for food, but also for the cycles of seedtime, growth and harvest. Thank God for life-nourishing soil, water and air.
* While eating discuss or ponder the origins of the variety of food on your plate. How and where are the plants grown or animals raised? How do they get to your kitchen?
* As a church or family, celebrate Earth Day (Sunday, April 22) by learning about food production and how climate change, pollution and economics impact our food supply.
* Celebrate Earth Day by planting a garden in your yard or community garden on church grounds.
* Learn about nutrition -- what foods are the best and worst for us, and why. Promote healthy eating.
* Learn about food waste in our culture and take steps to reduce it in your home.
* At church, reserve a Sundayfor a special service highlighting creation and food. Maybe “Blessing of the Seeds,” or the ancient “Rogation Sunday” ritual.

We live in a culture where food is all around us all the time. As steward-disciples, we want to be sure not to take even a mouthful for granted.

*--Rob Blezard*

*Copyright © 2018, Rev. Robert Blezard. Reprinted by permission. Pastor Blezard serves as an assistant to the bishop of the Lower Susquehanna Synod and works as content editor for* [*www.stewardshipoflife.org*](http://www.stewardshipoflife.org)*.*