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### *FOOD AS SABBATH*

In his now-classic book *The Omnivore's Dilemma*, Michael Pollan writes about the challenge of eating for contemporary Americans. Our wealth of culinary options, from Indian to Italian and tacos to tempura, is a delight to the senses. But we are also sometimes unmoored, with no deep traditions to tell us what is good for us and what will make us sick.

One of Pollan's prescriptions for this problem is relationship. He recommends conversations at markets and farm stands with the folks who grow our food. And he suggests that we slow down our lives to allow for home cooked meals, eaten with friends and family.

These strategies for managing our food overload can also be a boon for managing the information overload we all face. Inviting deeper conversation with strangers can help us contextualize the stories and statistics we hear on the news. And a meal shared can help us develop our empathetic imagination – whether dinner with family or lunch with coworkers or a cup shared at the communion table.

When we break bread, we break down mistrust and fear. When we take time to feed our bodies and souls, we find rest and renewal. Sabbath is a hungry business. What feeds your soul this week?

Peace,

Katherine Blaisdell  
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