

Sunday, April 30, 2017 11AM

Soul Food: Here, There, Everywhere

First Reading ~ Luke 24:13-25

Now on that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem, and talking with each other about all these things that had happened. While they were talking and discussing, Jesus himself came near and went with them, but their eyes were kept from recognizing him.

Jesus said to them, "What are you discussing with each other while you walk along?" They stood still, looking sad. Then one of them, whose name was Cleopas, answered, "Are you the only stranger in Jerusalem who does not know the things that have taken place there in these days?" He asked them, "What things?" They replied, "The things about Jesus of Nazareth, who was a prophet mighty in deed and word before God and all the people, and how our chief priests and leaders handed him over to be condemned to death and crucified. But we had hoped that he was the one to redeem Israel. Yes, and besides all this, it is now the third day since these things took place."

"What's more, some women of our group astounded us. They were at the tomb early this morning, and when they did not find his body there, they came back and told us that they had indeed seen a vision of angels who said that he was alive. Some of those who were with us went to the tomb and found it just as the women had said; but they did not see him."

Then the stranger said to them, "Oh, how foolish you are, and how slow of heart to believe all that the prophets have declared! Was it not necessary that the Messiah should suffer these things and then enter into his glory?" Then beginning with Moses and all the prophets, he interpreted to them the things about himself in all the scriptures.

As they came near the village to which they were going, he walked ahead as if he were going on. But they urged him strongly, saying, "Stay with us, because it is almost evening and the day is now nearly over." So he went in to stay with them. When he was at the table with them, he took bread, blessed and broke it, and gave it to them. Then their eyes were opened, and they recognized Jesus; who then vanished from their sight.

They said to each other, "Were not our hearts burning within us while he was talking to us on the road, while he was opening the scriptures to us?" That same hour they got up and returned to Jerusalem; and they found the eleven and their companions gathered together. They were saying, "Christ has risen indeed, and has appeared to Simon!" Then they told what had happened on the road, and how Christ had been made known to them in the breaking of the bread.

Second Reading

~ adapted from Macrina Wiederkehr in
A Tree Full of Angels: Seeing the Holy in the Ordinary

PEOPLE. You may be thinking, "Well, for sure, some people are pretty crummy," but I was going to suggest that each person you meet is more like a loaf of uncut fresh bread. It is difficult to fathom the depth and potential of each person you meet. Each person is a lot like you, deep and not yet fully explored, scared and beautiful, fragile 'and strong. People are nourishing. When your depth meets the depth of another person, what a sacrament that can be!

Because most of us meet quite a few people during our lifetimes, I want these words to be an encouragement to you to linger awhile over each person you meet, each person you live with, each relationship, even those people you see walking through the crowds, the strangers you do not know. Look on them with love. Contemplate them. Take them into your heart.

It is possible to take our closest relationships and our best friends for granted. The heart cannot live without intimacy. We all need special people in our lives to whom we can show our souls. But relationships need to be nurtured, nourished, and celebrated. Friendship won't last without food. How do you feed your friendships?

There are also the crowds of people—yes, even the crowds. Next time you walk through a crowd ... try to see the people as individuals. They are people who share the earth with you. They are the Body of Christ. You have a common God. Your pathways may be different, but the love God has for each is the same. Bless them, then, by seeing them. Look on them with love. If Jesus' look was enough to bless and heal others, yours can be, too.