

# MEALS, MASS AND MONASTIC EATING

Eating Well | Praying Well | Serving Well

## Dietrich Bonhoeffer

- Daily bread is OURS not MINE, as long as one has bread, none should go hungry.
- Not until one person desires to keep his own bread for himself does hunger ensue.
- We are not simply made to work, but to celebrate the fruits of our labor and our salvation in Christ.

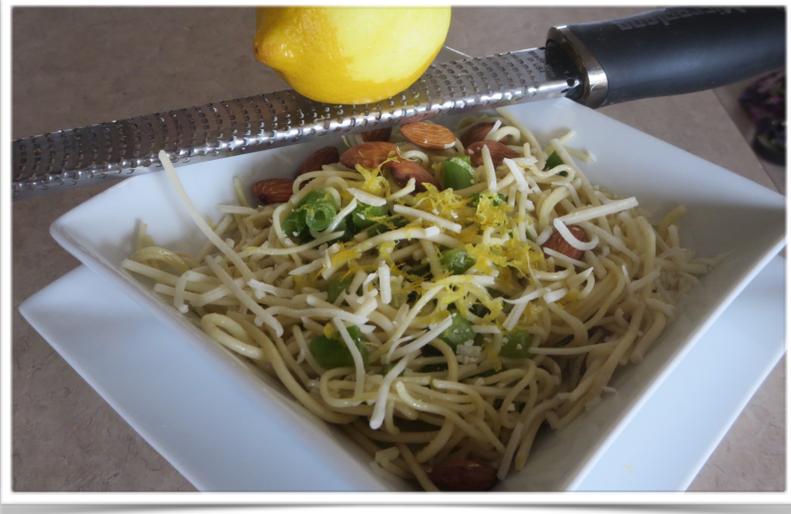
## 2 Timothy 1:6

"For this reason, I remind you to stir into flame the gift of God that you have through the imposition of my hands."

## Life Lessons...

### ...Learned through Food

- Food tastes better when it's shared and so does life.
- Savor every moment and every bite, you never know if you'll get another.
- There is a reason most herbs are weeds. Live life with plenty of spice!
- The best things feed the soul as well as the body: food, laughter, love.
- Have no fear. Try everything. Resistance is in your head.



## Monastic Eating

Intuitive, seasonal, local, balanced, leftover, local, charitable  
Use what you have, what God has given you.

Accept the gift He's giving in the present moment. Using all of the ingredients God created and praising Him for them is a form of worship.

Creating meals is also a form of service, following the pattern of the Son of Man who came not to be served, but to serve. For example, cutting up raw vegetables can be quite time-consuming, however, the goal is not to just get another meal on the table, but to give pleasure to those we serve doing so.

Monastic work often consists of a simple task repeated rhythmically. Work in the kitchen often fits this quiet, rhythmic work: peeling potatoes; chopping carrots; kneading dough; placing cookie dough on baking sheets; washing dishes. It's an opportunity for the cook to let his or her hands work while the mind is freed to turn to God and receive the gift of God's presence in that moment.



## Words of Wisdom from St. Hildegard

- Hildegard coined the current meaning of "Viriditas", the healing strength of plants, which is a function of their greenness. "All of God's gifts are green, and from them flow the power to give or restore good health. The greenness is, in itself, a powerful life-force from God."
- Dill "cooked aids digestion and suppresses numbness of the digestive process", Think: Lacto-fermented foods!
- "If you want to eat cheese which has been cooked or baked, without digestive pain, add some cumin to it before serving."
- "Spelt is an excellent cereal grain, of a warm nature, big and full of strength, and gentler than all other cereal grains: those who eat it find that they have better skin and blood. It gives one a happy outlook and a sense of exhilaration."
- Charity should moderate our diets - if excellent eating leads us to criticize meals generously prepared for us by friends, spouses or neighbors, it's is better to stay as we are then make any changes.

## The Monastic Bell

"All monasteries have a bell. Bernard, in writing his rules for monasticism, told his monks that whenever the monastic bell rang, they were to drop whatever they were doing and go immediately to the particular activity (prayer, meals, work, study, sleep) to which the bell was summoning them. He was adamant that they respond immediately, stating that if they were writing a letter they were to stop in mid-sentence when the bell rang. The idea in his mind was that when the bell called, it called you to the next task and you were to respond immediately, not because you want to, but because it's time for that task and time isn't your time, it's God's time. For him, the monastic bell was intended as a discipline to stretch the heart by always taking you beyond your own agenda to God's agenda...

...The principles of monasticism are time-tested, saint-sanctioned, and altogether-trustworthy. But there are different kinds of monasteries, different ways of putting ourselves into harmony with the mild, and different kinds of monastic bells. Response to duty can monastic prayer, a needy hand can be a monastic bell, and working without status and power can constitute a withdrawal into a monastery where God can meet us. ***The domestic can be the monastic.***" Ron Rohlheiser

## English Muffin Bread with Spelt Flour

5½ cups flour (1/2 spelt)	2 tablespoons dry yeast
1 tablespoon honey	¼ cup warm water
2 teaspoons kosher salt	¼ teaspoon baking powder
2¼ cups warm milk	

Mix the yeast, honey, and water. Set aside. Mix the salt, baking powder. Add the milk and one cup of the flour to the yeast mixture. Blend well. Add the remaining flour and beat. You should have a very soft, goopy dough. Spoon the dough into 2 loaf pans that have been greased and dusted with the cornmeal. Set aside in a warm place until the batter has doubled and is at the top of the pans. This may take 30 to 45 minutes. **Preheat the oven to 425F.** Dust the tops of the loaves with cornmeal and bake for 15 minutes or so. Loaf will sound hollow when tapped. Bake for 20-25 minutes if you want a crisper, more golden crust.

## Lemon and Chive Linguine

1 lb spaghetti pasta*	1/3 cup chopped green onions
1/3 cup olive oil	1/3 cup lemon juice

*Optional: Spaghetti squash can be substituted for a gluten free version*

Boil noodles as directed. While noodles are boiling, whisk together onions, olive oil and chives in large bowl. Pour finished pasta over sauce and toss. Serve with chicken or fish, fresh chopped spinach, grated cheese and toasted nuts.