

Enough is as good as a feast

William Hepper *reflects*
 on 1 Kings 17:8-16

This passage does not mention Baal, the Canaanite god of rain, but the battle between Baal and the Lord lies behind this text. When Elijah tells King Ahab, in the Lord's name, that there will be no rain, he is challenging Baal's power. He challenges it again as he goes to Zarephath in Sidon, the home of Queen Jezebel, champion of Baal worship. It is here that Elijah meets a poor widow, who provides him with some water but has only the last of her food to offer. Again

Elijah speaks in the Lord's name, "The jar of meal will not be emptied and the jug of oil will not fail until the day that the Lord sends rain on the earth." So this little community of faith survives the famine.

What are we to make of this ancient miracle story? One point to note is that nowhere does it say that the jar and the jug are repeatedly filled. So perhaps we should imagine the widow, day after day taking meal and oil from nearly empty vessels – the community is provided for, but only just; there is no room for greed. Does this not serve as a lesson in a world of rising population, in which many people go hungry? Should we in the wealthy world eat like kings while others scrape by scavenging food off rubbish tips? Enough is as good as a feast. 🍴

Walking with Poppy Silence and noise

by Gillian Cooper

It's Sunday morning. Poppy and I cross the road easily. There are few cars and taxis, no speeding bikes, and no one striding along, briefcase in hand, talking into a mobile phone headset. The drilling and clanking of scaffolding have stopped. We can enjoy a quiet walk.

But the peace is shattered. A distant sound grows piercingly loud as an ambulance screams past us. And overhead a helicopter goes about its mysterious security business.

We sometimes need to find God by retreating into silence and stillness, where we can listen to the thoughts of our hearts and hear God's whisper in our souls. But today I am reminded that God is also there in the everyday noise and bustle of life and work. We see and hear God not only in quietness, but in the noise and rush of life, where people are loving and serving others, and making their corner of the world a better place. 🍴



Lord, we thank you for the plenty that many of us enjoy. Help us, when faced with excess, to avoid greed and, like the community in the widow's house, consume only what we truly need day by day. Amen.

The A-Z of healthy living C is for choices

by Sr Thérèse Garman

*"Mary has chosen the better part."
 (Luke 10:42)*

We continually make choices – some less important, some more significant with lasting consequences. Our choices influence who we become; how we perceive, act and relate to each other. In this way our choices trace our path in life.

Martha and Mary's story is not about simply copying Mary, but the fact that choices matter. On this particular occasion, Mary made the better choice. In other situations, Martha's choice may have been better. Jesus sometimes went off alone; other times he was busy teaching and healing people – more like Martha. We must decide what is most needed in our present circumstances. Sometimes the better choice may be sitting listening to God, reading, resting; other days it may be better to offer hospitality and service. What is needed in this moment? Choose that. We choose our way into life, love, relationships. Who we are today is a result of yesterday's choices. 🍴

“Pray as you can, and do not try to pray as you can't.” John Chapman