Food for Thought

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Fast from criticism, Feast on praise  
Fast from self pity, Feast on joy  
Fast from ill temper, Feast on peace  
Fast from resentment, Feast on contentment  
Fast from jealousy, Feast on love  
Fast from pride, Feast on humility  
Fast from selfishness, Feast on service  
Fast from fear, Feast on trust

God is to be found in the rub, in that point where things don’t move freely but rub against one another; the point of friction, the point where things don’t seem to go together and don’t make a great deal of sense. That’s where God is.

Dirk Dunfee

The more we encounter people different from ourselves, the more we will be surprised by the many faces of God. Jesus was surprised by the faith he found in outsiders, e.g. the Roman centurion, the Canaanite woman.

Anthony Gittins CSSp

Help young people to be “culture smart”. Consumerism is not just about buying things. It is a whole worldview, a way of perceiving and dealing with reality. It defines the human person in terms of material things owned and consumed. Advertising plays on our fear of not being loved and then promises that we will be loved if we buy something.

James Di Giacomo

How much effort does it take to show a little civility? How big a risk is it to say hello to a stranger? What’s stopping us from treating the people around us — on the subway, in the check-out line, at the coffee shop — like human beings? Someone I’d never met brightened my day by offering me a seat at Tim Horton’s. How hard is that?

Carol Goar, Toronto Star

Currently a furor has emerged over obesity. In every Province the mantra of healthy schools is trumpeted. Get rid of junk food. No more sugar. More exercise. This is all fine and needed. But what of the obesity of the mind? What of the laziness of the intellect? We do little about that.

Calvin White, Globe and Mail