

## Catholic 101 ~ Feed the Hungry and Be Patient with Others

How many times in a week do we think or hear “I’m hungry”? Or how often have we snapped at another out of impatience? Both of these common occurrences provide an opportunity to live out our Catholic faith. When we look at our lives from the perspective of the Works of Mercy, we tend to choose selflessness instead of selfishness.

The Corporal Work of Mercy to Feed the Hungry calls us to assist those in the community and world that go without food. “For I was hungry and you gave me food...” (Mt 25:35a). There are several ways to feed the hungry, too numerous to list in this space, so consider these three options.

1) Contribute to the Pantry Sunday. The third weekend of each month, a grocery cart is placed in the narthex of the Church. Bring items to mass with you and place them in the cart (and challenge yourself to give your favored items instead of your least favorite!). These foods go to the Western Douglas Country Food Pantry for distribution to those in our local community. If you wish to help with our food pantry deliveries, contact Julie Beaudoin at 402-289-3525.

2) Participate in our meals for Sienna Francis House during Lent. Providing these meals has various phases and stages where you and your family can take part from making casserole to buying grocery items to delivering meals. For more information or to become involved, contact Gazelle Johnson at [gjohnson@stpatselkhorn.org](mailto:gjohnson@stpatselkhorn.org).

3) Take only what you can eat and eat it instead of throwing away excess. Food is a resource that is grossly limited for a good portion of our world. Use this season to examine personal attitudes about food. Is food a precious resource used to sustain life or is food a dispensable commodity to be used at my convenience and taste?

The Spiritual Work of Mercy to Be Patient with Others calls us to discipline our emotions and agendas to be fully present to others. It takes a self imbued with the Holy Spirit to live out this work of mercy. When someone isn’t listening, when you have to wait for another, when the schedule gets disrupted, when your viewpoint is different... these situations (and many more) can push you to impatience. Making the choice to respond with patience is truly work and a work of mercy. Taking a few deep breaths can help, but so can prayer. Nourish and sustain your Spirit by making time, taking time to pray. This can be in the very moment of frustration or at a quiet time set aside for reflection or both! Eucharistic adoration can provide an opportunity for quiet prayer. Praying in the presence of the Blessed Sacrament is a gift of our Catholic tradition. Anytime the Church is open you are able to pray in our Eucharistic Chapel in front of the tabernacle. Possibly consider starting an “Adoration hour” or “holy hour” which is an hour set aside each week to pray with the Blessed Sacrament. Eucharistic Exposition and Benediction are held the first Friday of every month immediately after morning mass (9:00-10:00 am). On

April 10th and 11th, the parish will hold Exposition and Adoration throughout the day and into the evening. Watch for more information and sign ups sheets in the coming weeks.

This Lent, reflect on “How can I be more aware of the hungry in our world?” “How can I feed those who hunger?” “What will help me be more patient with others?”