



Meaningful Meals Power-Up: Part 2

Keywords: MINDFULNESS and RADICAL HOSPITALITY

Goal: Practice a meaningful meal with another person (or family unit) regularly

Pro Tip: If you are not sharing a meaningful meal regularly, slowly begin to adjust your schedule to increase the frequency of your meaningful meals, keeping in mind they may need to take place virtually if you are in the high-risk category for the coronavirus or other illnesses.

Last month's article explained how meaningful meals are important for mental, physical, and spiritual health. These benefits extend not only to children and families, but to young adults, singles, and the elderly. They are also one of the four skills we are committed to growing in as a parish. So how do we actually have a meal that is meaningful?

How to have a meaningful meal:

Source: growingupcatholic.com/supper

- Make it a priority (you will probably have to say "no" to something else in order to say "yes" to this)
- Remove distractions (e.g. put all mobile phones in a basket in another room)
- Make it a little special (with flowers or a candle), but keep it simple
- Have everyone helping setting up and cleaning up
- Discuss the events of the day. What happened at school or at work? Everyone can share a "highlight" and "lowlight" of their day.

Jesus shows us the path of discipleship involves radical hospitality. Meaningful meals are an important piece of this radical hospitality.

What is radical hospitality?

Radical hospitality is the same as regular hospitality, meaning we are welcoming and inviting to others, however, it is radical because *WE* do not choose who receives this hospitality, *GOD DOES*. We are called to open our hearts and our minds to Jesus and His mission through prayer and to watch for the moments He shows us to reach out to any person in need.

Jesus teaches us to reach out to the poor among us, but poverty has many different faces. As Christians, we reach out to those not only who are lacking in material means, but also physically, mentally, and spiritually.

Jesus shared a meal with many people. We are challenged to expand our worldview to welcome those into our hearts, prayer intentions, and homes who God calls us to reach out to. Who is someone you feel called to invite to dinner, whether in person or virtually? We can only show this radical hospitality by completely trusting in and relying on the Holy Spirit. Come Holy Spirit!

Mindful Minute



Jennifer Bushman, LCSW, a mental health therapist and parishioner at St Thomas More, shares tips for how meaningful meals promote **mindfulness**. Jennifer says that mindfulness techniques help counteract anxiety and other overwhelming emotions.

"Mindfulness is being in the present and therefore we are not focused on our past or future which is what tends to add or increase feelings of anxiety. Mindfulness can be used with any of our senses and one of my favorite activities is mindful eating which not only brings our focus to the moment but also brings with it gratitude to what is in front of you...having moments of gratitude and focus can be the pause during the day when everything is chaos around you...[It] brings back stability and predictability at times when things seem so unpredictable and builds a foundation that you can always go back to."



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