

They say some foods are good for certain things. Carrots are good for your eyes. Fish is good for your brain. Pasta helps you jog. I have an uncle who started radiation therapy and his doctor asked him to add milk shakes to his diet. I'd like to have that doctor.

There are foods some people say are good for nothing. The other day I ran into US Star to pick up beef liver for dinner. (Well, it's really cheap.) The man in line behind me asked if that was for me or was I going fishing this weekend. He said catfish love beef liver. The woman at the counter shared his thoughts. You never saw a checker stand so far away from the food. I told them I had plenty for dinner that night but they both had other plans.

In today's first reading Elijah prays for death and the food that helps him out is simply bread and water. But it was the right food at the right time.

The story takes place in the 9th century B.C. Ahab, King of Israel, had married Jezebel, who worshipped the god Baal. She was not Jewish; in fact, she persecuted Jewish prophets. A drought had parched the country for three years, and Elijah ~~suspected the royal family was at fault.~~ *thought it was God, vengeance on the royal family*

So he challenged the prophets of Baal to a contest. He suggested they each chop up a bull, set the pieces on wood, and then pray for fire. The prophets of Baal went first. They prayed aloud, danced around the altar, slashed themselves with swords, but nothing happened. So Elijah steps up and ups the ante. He pours twelve jars of water on the bull and the wood. Then Elijah prayed to Yahweh. Fire came from the sky and burned up the water, the dust, the rocks, the wood, the bull, and its liver. Then it started raining, and that ended the drought.

All this made Jezebel very angry. She ordered the death of Elijah and he ran 130 miles to the edge of the kingdom. It's there where we pick up the story today. Elijah has had it and he prays for death. An angel appears, gives him bread and water, and with that food he walks forty more days through the desert to Horeb, where he finally meets God.

Some foods are good for certain things. When Elijah reached the end of his rope, the food that saved him was heavenly food.

The food that saves us is heavenly food. In the desert of our lives, Jesus gives the Eucharist as the heavenly food for our journey. Our faith centers on this food. We believe that Jesus is God, and we believe that he comes to us as bread and wine.

My brothers and sisters, a proper diet will nourish body and soul. At St. Regis we offer the Eucharist every day. We feed the hungers of our parish family. If life is weary, come to the Eucharist. It's here for all who hunger for more.