

Mealing is a Holy Activity - Cooking and sharing a meal as a Holy Communion

Christine Libon on behalf of Christine Brunkhorst
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For as long as I have known "Christl" she has profusely baked and cooked for JinA staff and events, for young Blessed couples, for neighbors who are ill, and for her family.

When asked about her motivation, she replied:

"I think of cooking and sharing a meal as a Holy Communion. The early Christians held meals in their homes which served as Holy Communion, similar to Jesus (thinking of the Last Supper).

Sharing a meal affects all the senses, from the physical hugs and greetings, the sight and aroma of the beautiful food, to the environment of the home.

I always pray while I am cooking and prepare extra food so everyone can eat plenty and have some to take home. The Mealing experience gives both spiritual and physical nourishment.

Sharing a meal with my husband is a time to give him support, to be one with him, and a time when God can enter and share our experience together. Mealtimes have been a vital family time when the children can share their daily experiences and thus report to the father figure. We also extended invitations to the children's playmates to join meals.

My husband has a special connection to nature, being a hunter and a fisherman. After spending long days outdoors doing what he considers "harvesting," he offers gratitude for the animal giving its life for our nourishment and often shares his harvest. For example, when Angel, our Filipina neighbor, was ill and alone, he shared three fresh trout with her."

Anyone who tastes the homemade bread, salmon entrees, chicken soup, or tasty salads Mrs. Brunkhorst has made will find it hard to forget. And I have heard couples express how appreciative they were after feasting on such Heavenly Meals.

