

Food & Faith

Sacrificial Eating

Empathy:

The costly grace of life; a story of one rancher and one cow.

“Eating is the daily reminder of creaturely mortality. We eat to live, knowing that without food we will starve and die. But to eat we must also kill, realizing that without the deaths of others – microbes, insects, plants, and animals – we can have no food.”

“I am the Good Shepherd. The Good Shepherd puts the sheep before himself, sacrifices himself if necessary. A hired man is not a real shepherd. The sheep mean nothing to him. He sees a wolf come and runs for it, leaving the sheep to be ravaged and scattered by the wolf. He’s only in it for the money. The sheep don’t matter to him.”

“I am the Good Shepherd. I know my own sheep and my own sheep know me. In the same way, the Father knows me and I know the Father. I put the sheep before myself, sacrificing myself if necessary.”

John 10:11-18

Empathy

Em- in + pathos – feeling

The ability to understand another person's feelings, experience, etc.

~Oxford Learning Dictionary online

Questions to ponder

What happens when we include all living creatures in our definition of empathy?

How do our shared stories change the way we respond to the gift of food?

What role does empathy and compassion play in our preparation of food?

How do we acknowledge the gift of food when we are not participating in the care and nurture of our plants and animals?