

Don't you love it when someone says to you, "Don't worry! It will all be fine. Just you wait and see!"

Don't worry, it will all be fine, just you wait and see. So I'm thinking, who are they kidding?

My, how disconcerting these words can be. When someone says something like this to you, you might be thinking to yourself, "That's easy for you to say, this is my life and it's not going the way I had planned. I'm dealing with all these problems here, and you, you are not helping my situation. These things may not be happening to you, but they are definitely happening for me and I don't like it one bit."

When things are going wrong, I know I sometimes find myself saying, "I'm worried here. I'm worried about what is happening for me." Where can I turn? Who can help me?

And I know sometimes, I am worried about many things all at once. And that in itself can be a very scary thing indeed.

Worry seems to be a part of our existence as human beings. We tend to worry about lots of things – our health, our relationships, our kids, our jobs, our money, our society, and our planet. For many of us, we have worries about things we call the "necessities of life." You know, the things we each need to survive, day-by-day. Things such as, what we will wear to stay warm, where we will find shelter, and what we will eat.

I suppose it's always been this way. Life has always been full of worry. And yet I think we live at a time when the cares of life draw us more deeply into this consumer culture in which we exist. Daily, we see and hear ads extolling what is known as 'inadequacy marketing' – this is the medium that creates within us a need to have something, a sense of neediness which can drive us to purchase a product, something we

are told we need, something promising to reduce that feeling of need – yet our purchases often multiply our worries, when we do go out and buy these things. And it's not only things like what will I eat or what will I wear, or where will I find shelter that come into question here. Today, we are bombarded with ads that tell us we must question things like "is what I eat tasty? Is it low-fat, sugar-free? Is it organic?" Where will it come from? Is my place of shelter at a standard suitable to my living standard? Is my wardrobe fashionable enough? (pause) Oh, there are so many questions, (pause) and so many worries in life.

But let's restrict this topic here to how food can be a source of worry for so many. Sara Miles' book, *Take This Bread* is a journey through the eyes of someone who had no faith before she discovered the beauty of giving and in being able to provide for the needs of others. This book is Sara's recounting of her own journey in Faith, through the sharing of food. For Sara, food provided nourishment for many along her journey in life. In one instance which Sara shares, she tells the reader about a time she received the gift of life-sustaining milk from a farmer who had no idea who she was, beyond the fact she was someone in need of food at that very moment in time.

Later in the book, Sara works as a 'sous chef' alongside her brother, in a busy restaurant in New York City. The skills Sara learns during these years will be retained as part of her life skills. Although, at the time, Sara has no idea how these skills will be useful in her life's work. Now, I don't wish to reveal every detail of the book, but one thing I will share with you today is this. Sara writes this, "Food is God's way." Food is the vehicle God uses to help Sara grow in faith. And Sara discovers something about how food is being used to control people around the world. Sara realizes there is not a scarcity of food resources in most parts of the world. But there is an issue with the

way food is being inequitably distributed to all humankind. And for Sara, this is just plain wrong.

I do recommend this book to you as an excellent study of one person's journey into being a steward of the gifts God has provided.

In our gospel reading from Matthew, chapter six, verse 25, Jesus says this, "don't worry about what you will eat." Now, that does not mean that food is not an important part of the necessities of life which I spoke of earlier. Food is a necessity of life for every human being. Shortly, we will pray together the prayer our Lord himself taught his disciples in the words of the Lord's Prayer. When we recite this prayer, we say these words, "give us this day our daily bread," and in saying these words, we are placing our trust in God to provide. Yet in our world, many are faced with scarcity of food, day after day. So, I ask you, why is this happening? And there is a second question we need to address here, what can we do about how the gift of food is shared among all humankind?

God wants us to put our energies into the things that give meaning to life. The equitable sharing of food resources around this wonderful planet is key to providing every human being with one of the necessities of life, that being having enough food to be satisfied.

For Sara Miles, author of "Take This Bread", much of her energy is directed toward providing food and the necessities of life to the community in which she ministers and where she finds life. Sara shares in her book that she believes this ministry will never be finished until all are satisfied. Sara also believes this work is never done alone. Rather, it happens in community with others.

Today, we celebrate the gifts God has provided for our well-being and use. We give thanks for the gifts of clean water, safe and sufficient

supplies of food, resources, and clean air to breathe. We give thanks that we live in a country where it is safe to walk about, it is safe to send our children to school, and we have access to quality medical care, which is almost equally available to all people. And we give thanks for this parish church where we gather as a community of faith. But these things are not universally available to all the peoples of this planet.

Truth is, we don't have to look far to find members of our communities who are in need. For some of us, we only need to look at the reflection in the mirror. For most of us, we need only look at our community, our town, our city, and our church community. At this Thanksgiving time, if you are able, share your gifts with those who are in need. God has provided, and now it is our responsibility to share with all humankind.

Worry! Yes, we all have worries about our lives. My worries will be different from those of my spouse, my children, my neighbour, my nation, and my faith community. Yet I need not face these worries alone. God has provided the means for all humanity to thrive. All we need to do is go about seeing to the just and equitable sharing of God's gifts with all people, and to accept that we are here to look after this island home we call planet Earth. So, why don't we all get to doing this, starting today.

Amen