



Dear Sisters and Family of Incarnation.

We have begun our journey toward Christmas, a family time, par excellence. These times are marked by so many experiences that take place around the table.

We all need to be fed. We feed ourselves, we feed others, and others feed us.

We are fed by looks, they are fed by hugs, they are fed by recognition, they are fed by food.

Meals themselves have a very important social value; they are acts of inclusion.

There are the daily meals, which give us life every day, nourish the basic being. To a large extent, family identity is created around the table.

How much love goes into preparing a meal! Transforming food to feed another nourishes them, gives them energy for life. When we are entertained with a meal, we know we are loved.

When dinner is cooked in a home, it summons. What is simmered over a slow fire summons to life, preparing the encounter.

As an act of love to give life to others, the act of cooking is an act of co-creation with God. Cooking can be lived as an act of contemplation.

It is good to begin by being grateful for the ingredients that creation gives us, grateful for its being and its own service of giving us life. Recognition also for the people who worked to produce these ingredients. Perhaps we need to be careful to buy them at fair prices from producers in developing countries whose rights are often trampled on by companies that are only interested in making profits at the expense of people's lives.



We can live the transformation of the ingredients as an act of care, for ourselves and for others.

This is something that the simplest and most contemplative people live spontaneously. How much love is given to us by grandmothers, mothers, sisters, aunts..... who cook for us every day.

Laudato Si' also emphasizes the centrality of food.

LS nº 50: *“We know that approximately a third of all food produced is discarded, and **“whenever food is thrown out it is as if it were stolen from the table of the poor”**”*.

LS nº211: *“Education in environmental responsibility can encourage ways of acting which directly and significantly affect the world around us, such as avoiding the use of plastic and paper, reducing water consumption, separating refuse, **cooking only what can reasonably be consumed**, showing care for other living beings, using public transport or car-pooling, planting trees, turning off unnecessary lights, or any number of other practices. All of these reflect a generous and worthy creativity which brings out the best in human beings. Reusing something instead of immediately discarding it, when done for the right reasons, can be an act of love which expresses our own dignity.”*

Christmas, in the weakness of a child, is a call to bring out the best in ourselves, to rescue all that is good. Children summon, children reconcile us with our own vulnerability, they soften hearts.

In addition to the liturgical celebration, it is also nice to celebrate Christmas around the family or community table. A carefully prepared meal and a beautiful table honour common life.

Jesus was born on the margins, among those who were not invited to banquets. A precious way to celebrate His coming is to invite to our table those who have no one to celebrate with, those for whom no one cooks with love. In the warmth of the shared table we can make them believe that God is really among us.



Photo: Christmas dinner with homeless people, Cristo de la Calle, Santiago de Chile.

The “face” of St. Kateri community has changed. Therefore, this is the last letter we are sending as a community. Thank you for welcoming our monthly message. May you experience deep blessings as you gather around the table this Christmas.

Community St.Kateri, UJ
Edmonton, Canadá
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