

Meditation: “Wonder Bread”

Have you ever read the list of ingredients on a package of Wonder Bread? (Enriched Flour, Water, Sugar, Yeast, Vegetable Oil, Salt, Calcium Carbonate, Sodium Stearoyl Lactylate, Mono and Diglycerides, Calcium Sulfate, Monocalcium Phosphate, Ammonium Chloride, Ammonium Sulfate, Calcium Dioxide, Azodicarbonamide, Calcium Propionate, Datem (Diacetyl Tartaric Acid Ester of Mono and Diglycerides, may contain added wheat gluten, soy, and sesame seeds) The only wonder is that they call it bread. Looking for eternal life? Eat enough Wonder Bread and you will be so full of preservatives that you will never decay.

The things we consume reveals one of two things about us. The first is the attempt of those in power to distract us from our situation, or from what they are doing, or for us to distract ourselves from all that causes us pain and sorrow.

In 1949 George Orwell wrote his book titled ‘1984’. In it he said, “The people will not revolt. They will not look up from their screens long enough to notice what’s happening.” Boy, does that ever sound prophetic now. People have long tried to distract the masses from their situation, or from what the leaders are doing by offering up various forms of entertainment. For Caesar it was the gladiator games held at the Coliseum. Hollywood released many movies through the 1930s to offer people an hour or two of respite from the reality of the great depression. Now we have video games and social media that distract people for hours on end, and even feed false narratives about our current reality. And we have governments that promise us booze in every

corner store. And I wonder, what about professional sports, or perhaps even the Olympics. Are they designed primarily to distract?

I said that what we consume reveals one of two things about us. The second thing it reveals is our attempt to fulfill our deepest needs and desires. We are searching for, well, we know not what, and we fill it with drugs, and food, and material consumption, and gambling, and shopping, and ...

I met Frank when I worked with the homeless in Toronto. Frank was a crack addict. Before he got addicted to crack cocaine, Frank had been a professor at a community college. He had a wife and children, a house and a very nice car, a savings account and a pension and benefits and.... Then Frank got addicted to crack, the very first time he tried it. Actually, the first time you try crack they say you have a 50% chance of becoming a lifelong addict. The other 50% die the first time they try crack. Frank lost his job, his marriage, his relationship with his children, his home, his car, his savings, his pension, and everything that he owned, but it didn't matter to Frank. All that mattered to Frank was scoring another hit of crack. His desire for another hit of crack became all consuming. He managed to clean himself up long enough to start work, briefly. But when he came into contact with other addicts, the old urges reared their ugly head and he fell right back into the addiction. I don't know what became of Frank, or even if he is still alive. What I do know is that what Frank wanted is what we all want, and that is to know that we are loved and accepted for who we are. We want to believe that we somehow matter to someone.

And that's where Jesus comes in. Jesus doesn't offer us Wonder Bread. Jesus offers us the Bread of Life that is a Wonder. Wonder Bread feeds the body. The Bread of Life feeds the soul. And no wonder, if you read the list of

ingredients of the loaf that Jesus offers you will find unconditional love and acceptance, blessing, compassion, forgiveness, healing, mercy,

This bread feeds the body. What we really want is that which feeds the soul.