



## *Reflection from Deacon Ross Beaudoin*

Elijah prayed, “This is enough, O Lord. Take my life” (1 Kings 19:4-8).

“This is enough!” Who isn’t feeling that way about now? Covid. Financial woes. Family problems. Political maneuverings. Lack of affordable housing. Income disparities. Gender and racial inequality. Basic human rights denied. Church scandals and divisions on many fronts. Climate change. Environmental degradation.

“This is enough, O Lord.” Who wouldn’t think of joining Elijah under the broom tree and give up on this messy world and the stress and struggles of life?

But wait. God is not going to let Elijah give up and drop out. An angel touched Elijah and ordered him to get up from sleep and eat. Something like a hearty griddlecake and a jug of water were sitting at Elijah’s head.

Forlorn, Elijah ate, drank and went back to sleep. However, the angel returned and woke him again. “Get up and eat, else the journey will be too long for you.”

We aren’t told what words were exchanged at that point, but I can bet that Elijah had some serious struggles with the angel about his intention to abandon this messy life and the angel’s forecast of a journey much too long.

Elijah pulled together what courage he could muster, ate a good meal and set out on a six-week journey to Horeb, “the mountain of God.”

You and I may be at a similar point in our lives. There is just “too much to bear” right now. When will all this dysfunction and endless struggling come to an end? Let’s just abandon involvement, find a good book, lie down under a tree and leave the world and the Church to fight their battles without us.

Elijah and the Jews in the desert needed to eat the bread that came from God and contribute to the transformation of their world (Exodus 16:4; John 6:31-32). The people of Jesus’ time were also fed on the bread from God (John 6:33-35). And we are as well (John 6:51).

We can choose to “get up and eat” or sleep on through and miss our call to contribute to the transformation of the world. St. Paul puts our challenge this way (Ephesians 4:30): “Do not grieve the Holy Spirit of God with whom you were sealed...”

The choice is ours. Get up, eat the Food given by God and participate in the transformation of the world. Or opt out and get a few more zzz’s under the tree – till our time has passed.

*~ Peace,*

*Deacon Ross*